

EMERGENCY BOX



Photos of important places



Transitional objects (eg pebble)



Cards/letters/words of encouragement



Menu/recipe idea



List of phone contacts and script



Favourite film



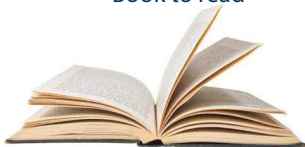
cards of activities (eg go for coffee)



Reasons for living list



Book to read



Smells (eg perfume, mint)



Something soft/warm to hold (eg blanket, hot water bottle)

