Homesickness journal

Name what you miss, notice what helped and the small things you are starting to like here. If you are not safe, call or text 9-8-8, or call 911.

NAME _____ DATE _____

Date	What I miss today	Feeling (1 to 5)	What helped	A connection I made	Something here I am starting to like	One small plan for tomorrow

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)