



## DETERMINING YOUR SUPPORT NETWORK

Social support can help fulfill your emotional, tangible, informational or social needs. The benefits of social support include improved physical health, mental well-being and self-esteem; feeling of security; greater resilience; and greater life satisfaction.

### Below are ways to build your social support:

- Attend to your existing relationships by making it a priority to maintain your most important relationships.
- Increase involvement in your community by participating in a hobby, religious group or volunteer.
- Attend support groups by connecting with others who are dealing with similar problems or life experiences.
- Use professional support by connecting with doctors, therapists, social workers and other professionals.

Complete the worksheet below to help you determine your support network.

**List three people, groups or communities that provide you with social support.**

---

---

---

---

**Describe how each of your supporters helps you or could help you with emotional support (i.e., listening, empathizing, and offering physical comfort).**

---

---

---

---

---

---

---

---

**Describe how each of your supporters helps you or could help you with tangible support (i.e., taking on responsibilities for or helping to actively manage an issue at hand).**

---

---

---

---

---

---

---

---

**Describe how each of your supporters helps you or could help you with informational support (i.e., offering advice or collecting information for potential next steps).**

---

---

---

---

---

---

---

---

**List any barriers that prevent you from utilizing each of your supporters.**

---

---

---

---

---

---

---

---

**Describe what specific steps you could take to better utilize your supporters.**

---

---

---

---

---

---

---

---

**Describe how your supporters could help you with a current problem.**

---

---

---

---

---

---

---

---

