

Support Network Tool

Name:

Date:

FIRST, write down the names of people who have supported you recently (in the last year).

NEXT, use a different color to write down people who *could* support you, even if you're not in close contact now.

LASTLY, think about which of these people regularly provide YOU with support (at least once a month) and highlight their name.

<p style="text-align: center;">FAMILY</p>	<p style="text-align: center;">SOCIAL</p>
<p style="text-align: center;">WORK</p>	<p style="text-align: center;">COMMUNITY</p>

Support Network

FIRST, write down the first names of the people who regularly support YOU (at least once a month), and say what role they have in your life (friend, neighbor, sister, co-worker, etc.).

NEXT, check each type of support that person provides—for example, they may give you emotional support when you need a someone to listen and hold space, or they make help you think through problems and offer advice, and they may also help you with daily tasks, like giving you a ride somewhere, loaning you money, or babysitting.

LASTLY, circle how often they support you (you see them every day, or they call you weekly, etc.), how close you feel to them, and how long you've known them.

Name (first name or initials)	Person's Role in Your Life	Emotional support	Problem-solving and advice	Everyday help and favors	How often?	How close?	How long?
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Monthly Weekly Daily	Not close Close Very close	Less than a year 1-5 years More than five
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Monthly Weekly Daily	Not close Close Very close	Less than a year 1-5 years More than five
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Monthly Weekly Daily	Not close Close Very close	Less than a year 1-5 years More than five
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