

## **Building a Support Network**

Based on who is in your support circle, choose people you can comfortably contact when you need help. (They may be from different areas in your circle.) Remember to refer to this list during challenging times when you can really use outside support.

**1.**

Name:

Phone#:

Email:

*Type of help they may offer:*

**2.**

Name:

Phone#:

Email:

*Type of help they may offer:*

**3.**

Name:

Phone#:

Email:

*Type of help they may offer:*

**4.**

Name:

Phone#:

Email:

*Type of help they may offer:*

**Support Groups can be formal or informal gatherings.** Many people find support groups helpful. There may be a support group in your area where you can meet people facing similar circumstances and share experiences, resources, and suggestions.

### **Support Group in my Area:**

Contact Number:

Contact Email:

Meeting Times and Location: