

HEALTHY SOCIAL SUPPORT

BUILD A SUPPORT MAP THAT FITS YOUR LIFE

Different people and communities can meet different needs. One person does not have to be your entire support system.

EMOTIONAL SUPPORT

- Who can listen without immediately fixing, judging, minimizing, or making the conversation about themselves?
- Who helps you feel believed, respected, and less alone?

PRACTICAL SUPPORT

- Who can help with transportation, meals, childcare, paperwork, appointments, errands, technology, or body doubling?
- What accommodations make help more accessible?

CULTURE, IDENTITY & BELONGING

- Which cultural, racial/ethnic, LGBTQ+, disability, immigrant/refugee, veteran, or other communities strengthen belonging?
- What traditions, language, food, art, stories, or community practices help you feel grounded?

SPIRITUAL OR SECULAR SUPPORT

- Faith, spirituality, prayer, ritual, meditation, nature, philosophy, or secular communities may provide meaning and connection.
- Choose supports that respect your identity and do not use belief to shame, coerce, or excuse harm.

PROFESSIONAL & PEER SUPPORT

- Consider clinicians, primary care, case managers, recovery supports, peer specialists, support groups, legal aid, disability advocates, or community organizations.
- Match the resource to the problem rather than expecting one helper to do everything.

MAP GAPS, NOT JUST PEOPLE

- Where do I have strong support?
- Where am I relying too heavily on one person?
- What kind of support is missing?
- What is one realistic connection I could strengthen or add?

Healthy support is diverse, respectful, accessible, and consistent with your values and autonomy.

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