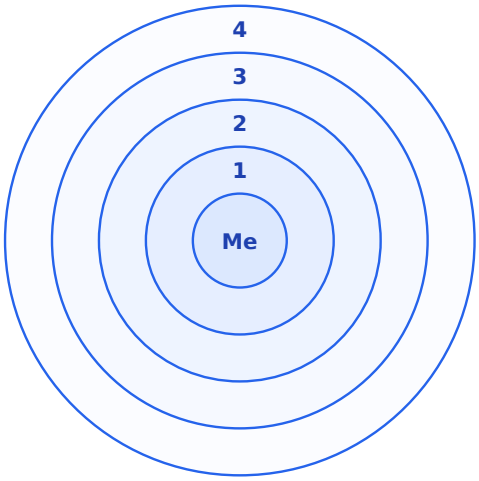
My support network

Who is around you, and who could you lean on a little more?

Name _____ Date _____

Put yourself in the centre. Then write the names of people in each ring, according to how close they are.



1 Closest to me
The people I could tell almost anything

2 Good friends and family
People I enjoy and can rely on

3 Wider circle
Neighbours, colleagues, groups, people I see regularly

4 Professionals and services
GP, therapist, support lines

When I need...	I could go to...
Someone to listen	
Practical help	
Company or distraction	
Advice	
A laugh	

Who would I like to move closer in? What is one step towards that?

What stops me from asking for support, and what would I say to a friend who felt that way?

In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.

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