

# CIRCLE OF SUPPORT

*Who do you rely on for support?*

## **PEOPLE WHO HELP ME EVERY DAY** (THESE PEOPLE HELP WITH DAILY TASKS AND ROUTINES)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they help with: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## **PEOPLE WHO HELP WHEN THINGS ARE HARD** (THESE PEOPLE HELP WHEN I'M UPSET, CONFUSED, OR NEED EMOTIONAL SUPPORT)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

When to call them: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## **PEOPLE WHO HELP WITH MONEY AND IMPORTANT PAPERS** (THESE PEOPLE HELP ME BILLS, PAPERWORK, APPOINTMENTS)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they help with: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## **PEOPLE WHO HELP WITH MY HEALTH** (DOCTORS, THERAPISTS, COUNSELORS)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they do: \_\_\_\_\_

What they do \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## **PEOPLE WHO ARE JUST FOR FUN** (ENJOY SPENDING TIME WITH THESE PEOPLE)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What we like to do together: \_\_\_\_\_

What we like to do together: \_\_\_\_\_

## **SAFE PEOPLE TO TALK TO** (PEOPLE WHO UNDERSTAND ME AND ARE PATIENT WITH ME)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## **EMERGENCY CONTACT** (CALL THIS PERSON FIRST IF SOMETHING IS REALLY WRONG)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### *Remember*

Everyone needs help—asking for help is okay! It's okay to need different people for different things. You can show someone this list if you need support