

TOOL 7: MAKING USE OF MY SUPPORT NETWORKS

This tool can help you identify who is in your support network and how you can access them when you feel you need or would like to. This can be a useful tool for you to use as you can identify your support network early on so when you feel as though you are in distress you can quickly access the support.

The tool is divided into different sections:

Who will provide support:

- In this section you can start to think of people you could contact. This could be a friend, family member, neighbour, colleague, or support service.

What support can they provide:

- In this section you can think about each of the potential support options you have listed and begin to consider if they can provide you with emotional, social, or practical support.
- You may find that a person can tick all three of these supports or they may only tick one. This is fine but it is important to think about this in detail and ensure it is realistic.
- It also may be useful to note down what support they can give you e.g., talking, going out for coffee, support with shopping.

Plan for getting support:

- In this section you can think about how you would get in touch with them e.g., by phone or driving to their house. It is important you have the person's information such as their telephone number or their address, so it makes it easier for you to access the support when the time comes.
- You can also consider whether you need to let this person know how they can help. You might have someone you have called on before for emotional support, and you may not need to inform them. However, perhaps you need help with shopping as you struggle to do it yourself. You may find it useful to ask the person if they can take you for your shopping weekly or however often you need it.

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Have a think about how you can get support from others in the future. Note these people down in the table below – what kind of support can they provide, and do you need to let them know?

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