**Social support** is the help provided by family, friends, groups, or communities. This help can fulﬁll emotional, tangible, informational, or social needs.

**Beneﬁts of Social Support**

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| * Improved physical health | * Greater resilience to stress | * Improved self-esteem |
| * Feeling of security | * Improved mental well-being | * Greater life satisfaction |

**Types of Social Support**

**Emotional Support**: Help managing emotions, such as stress, anger, or depression. This support might include listening to problems and showing empathy.

**Tangible Support:** Help with practical problems, such as ﬁnancial assistance, providing a ride to work, or help with childcare.

**Informational Support:** Providing information that helps solve a problem or overcome a challenge. This might include advice or information about helpful resources.

**Social Needs:** Fulﬁllment of basic social needs, such as love, belonging, and connectedness. This helps provide a feeling of security and contentment.

**Building Social Support**

**Attend to your existing relationships.** Reach out to friends and family. Make it a priority to maintain your most important relationships, even when other areas of your life are busy.

**Increase community involvement.** Participate in hobby groups, volunteering, or religious groups. This is a great way to meet like-minded people, and build a new support system.

**Attend support groups.** Connect with others who are dealing with similar problems or life experiences. It can be rewarding to share your own story and provide support to others.

**Use professional support.** Doctors, therapists, social workers, and other professionals can help you solve problems that are more complicated, or too difﬁcult to tackle alone.

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| **List three people, groups, or communities that provide you with social support.** |
| **Support #1** |
| **Support #2** |
| **Support #3** |

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| **Describe how each of your supports helps you, or could help you, with emotional, tangible, informational, and/or social needs.** |
| **Support #1** |
| **Support #2** |
| **Support #3** |

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| **List any barriers that prevent you from fully utilizing each of your supports.** |
| **Support #1** |
| **Support #2** |
| **Support #3** |

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| **What speciﬁc steps could you take to better utilize your supports?** |
| **Support #1** |
| **Support #2** |
| **Support #3** |

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| **How could your supports help you with a current problem?** |
| **Support #1** |
| **Support #2** |
| **Support #3** |