



# SOCIAL SUPPORT MAPPING

Your social wellbeing is dependant on the quality and diversity of your support. Here are four types of support you can use and space to think about who provides that support for you.



## EMOTIONAL SUPPORT

Forms of communication that meet an individual's emotional needs and bolster their self-esteem or ability to overcome challenges. Who are the people or communities that give you this type of support?



## PRACTICAL HELP

Any physical or tangible assistance provided by others, such as help with cooking or studying. This type of support helps someone accomplish tasks in their daily life. Who are the people or communities that give you this type of support?



## SHARING POINTS OF VIEW

Communication that affirms one's perspective and shares their own ideas on how to handle a situation or task at hand. Who are the people or communities that give you this type of support?



## SHARING INFORMATION

Communication that provides valuable information or resources to enable someone to make the best decision moving forward. Who are the people or communities that give you this type of support?