

Social Support



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

- 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.

Social Support

List three people, groups, or communities that provide you with social support.

Support #1

Support #2

Support #3

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

List any barriers that prevent you from fully utilizing each of your supports.

Support #1

Support #2

Support #3

Social Support

What specific steps could you take to better utilize your supports?

Support #1

Support #2

Support #3

How could your supports help you with a current problem?

Support #1

Support #2

Support #3