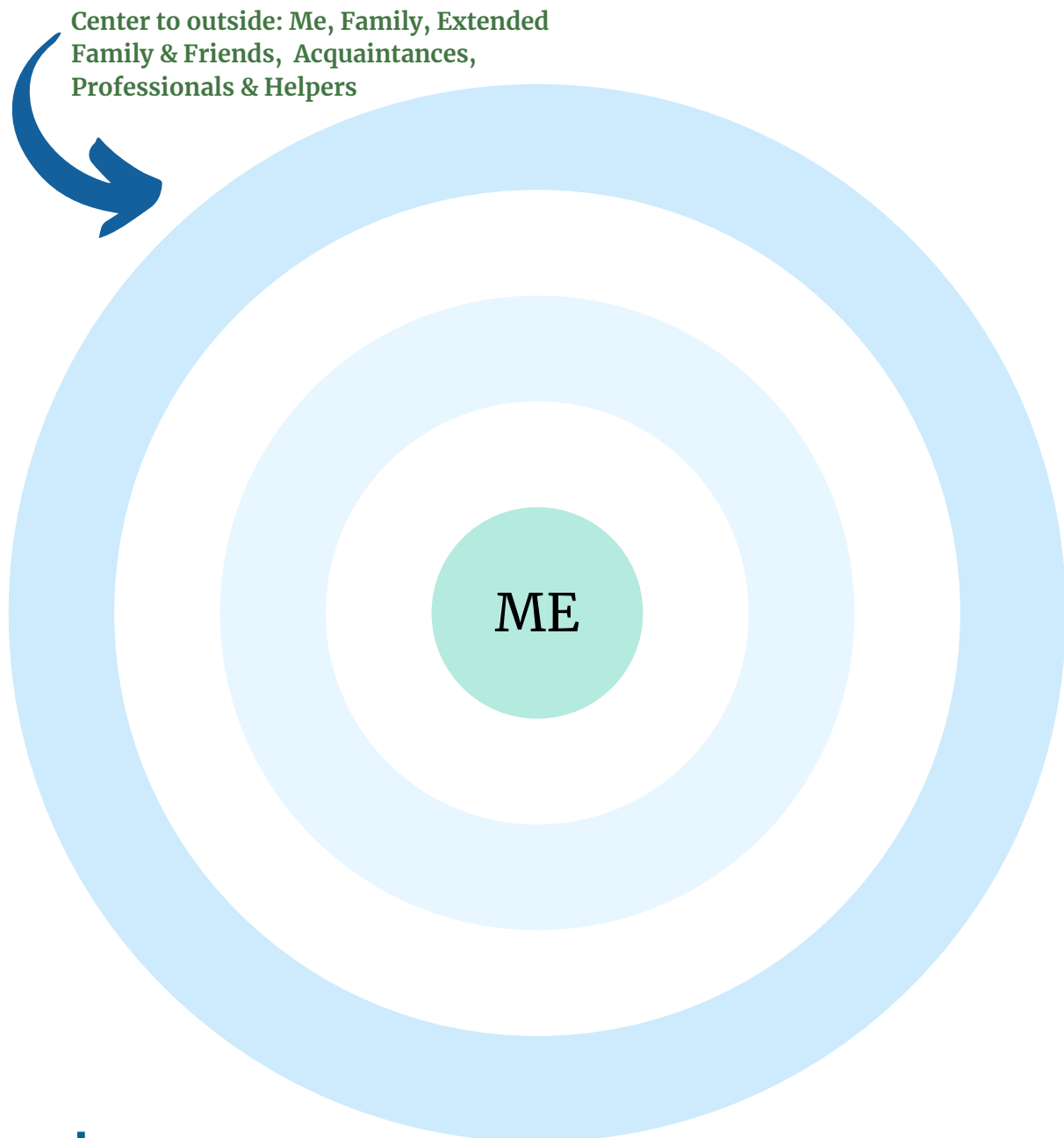


Building a strong support network is often a lifelong pursuit for many of us. According to researchers, the ability to seek support is closely tied to our mental health. It's important to emphasize that simply having access to social support is not sufficient. What truly matters is actively choosing to utilize and engage with those social supports available to us.

Write down who is in your system and make a commitment to reach out to these people and develop more relationships.



My Support System Exercise



PATIENT HEALTH ALLIANCE®
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3 people I trust the most:

People I can text sad/happy memes to:

Qualities that I look for in a supportive relationship:

My support needs:

People I want to invest in:

Relationships to reinvigorate:

Relationships to let go of or change:

Gaps in my support system that I need to work on:

A person who I will let see me ugly cry and talk about my feelings:

Someone I can VENT to:

An online or in-person community where I can get support:

[Support Groups offered by PHA, SRNA, and The MOG Project - Click Here](#)