

# 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