



Recognizing and accessing support

Who has given me support?

Who else might I turn to for support?

What professional or support resources have been helpful?

What other professional or support resources might be helpful?

What gets in the way of accessing support from others?

How can I rely more on others for support?

What support will I access this week?

How I felt before, during and after accessing this support:

Before: _____

During: _____

After: _____

