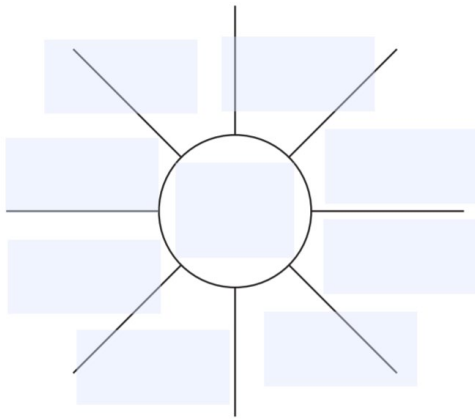


## Social support planning

Having healthy connections with family, friends, and others is very helpful for people recovering after a disaster. You can take simple, concrete steps to build your social connections and reach out to people in your life you may not have thought of as supports.

### Develop a Social Connections Map

Write your name in the centre of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



### Identify Types of Support

Who are your most important connections right now?

With whom can you share your experiences or feelings?

From whom can you get advice to help with your recovery?

Whom do you want to spend time with socially in the next couple of weeks?

Who might be able to help you with practical tasks (cooking, paperwork, transport)?

Who might need your help or support right now?

### What is missing or needs to be changed?

Are there types of support missing?

Are there loved ones or friends with whom you wish to reconnect?

Who do you want to spend more or less time with?

Are there some relationships you want to improve?

Do you want to help others, but aren't sure how to go about doing it?

Do you want to have more social activities?

Do you need advice from other people?

Now come up with a plan for what you are going to do and when you will do it.

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**Put it into action! Don't worry too much if it feels awkward at first or doesn't go as smoothly as you thought. Remember, you can be flexible.**