



# Assessing Your Support Needs

We all need and get support from family and friends. Sometimes we need support beyond these resources. In addition to family and friends, your support network might also include work and business contacts, support groups and professional counselors.

**Who can you turn to if you need support in the following situations?**

	SUPPORT PERSON	COMMUNITY RESOURCE
_____ coping with grief or loss		
_____ managing stress		
_____ being a single parent		
_____ caring for a hyperactive child		
_____ quitting smoking		
_____ coping with a serious illness		
_____ recovering from alcoholism or drug addiction		
_____ dealing with a legal problem		
_____ caring for an aging parent		
_____ working through financial problems		
_____ finding a job		
_____ coping with the effects of alcoholism or drug addiction in the family		

Are there other situations for which you could use some support? Write them in the spaces below and list one or two resources you could turn to.

SITUATION	SUPPORT PERSON	COMMUNITY RESOURCE
_____		
_____		
_____		
_____		