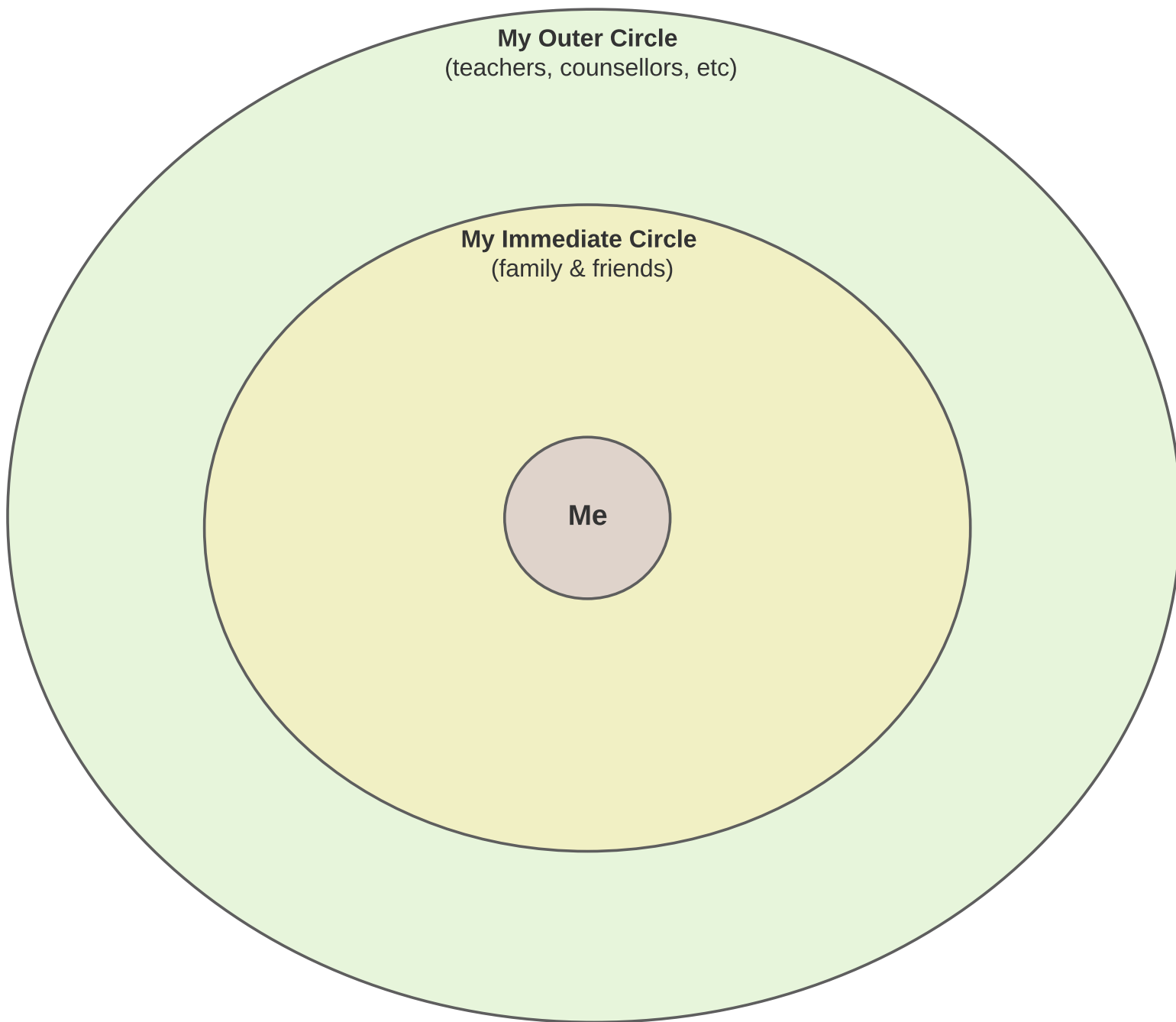


# Circles of Support

Everyone needs a support network, but sometimes it can feel like we are on our own. Use these circles to fill in who is in your support network.



Don't worry if you struggle to think of people in either circle; this is an exercise that can help us to identify if we need to bring more people into our current support network. Remember everyone's support network is different!

Once completed have a think about the following questions:

**What kind of things do you think you could do to improve your network?**

**Is there anyone in your network you haven't spoken to for a while?**

**Are you in anyone else's support network?**

**What makes someone a good person to have in your support network?**