



HOW TO BUILD A SUPPORT NETWORK

1

What does 'support system' mean?

A 'Support System' can be defined as a network of people who provide you with practical and emotional support. In other words a group of people that you can rely on when times get tough.

2

Notice the support you have (and nurture it!)

Take a look at your social circle, and notice who offers both positive and practical advice. Ask for help when you need it and accept the help that is offered. Discover those who can listen, without judgement, and those who will offer solutions. Remember that you are an equal player and to be available when it's your turn to offer support.

3

Start Building new support

You can build your social support system in a number of ways:

Start volunteering! Join a sports club or a reading club!

Use online platforms like Yours Truly Community to find like minded people open to discussions around mental health.

Use these opportunities to find people who share your values and morals or have similar energy.

4

Benefits of a strong Support system

Support systems reduce stress levels and build up your resilience to setbacks. They can bolster you emotionally and have the added benefit of increasing happiness.

These are the people who, in times of uncertainty, will hold your hand and offer you the clear and constructive advice you need to make it through.

A good support system will make the hard times easier and the good time greater!

**Yours
Truly**

