

How to Build a Support System

1. Self-care behaviors you can use:

_____.

2. You can accept help from others but you are responsible for making yourself OK. Things you can do for yourself:

_____.

Things that would be helpful for others to do for you:

_____.

3. Being involved, developing skills, working with your therapist and educating yourself are important to maintaining your mental health. Resources you have available to you:

_____.

4. Doing volunteer work can be an important part of building your support system. You can volunteer:

_____.

5. Being supportive to others is also important.

_____ supports you and you support him or her back by:

_____.

6. You can make an effort to keep in touch with friends. Some ways you can do this:

_____.

Someone you can call: _____.

7. It's easy to fall into old self-defeating behaviors. If that starts to happen, certain "red flags" include:

- When you _____ you need _____.
- When you _____ you need _____.
- When you _____ you need _____.
- When you _____ you need _____.