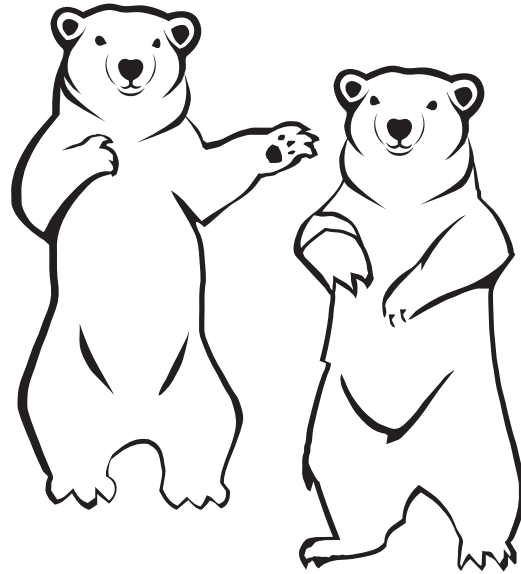




How Strong is My Social Support?

Social support can happen at a number of ways – like through emotional support (e.g., empathy), informational assistance (e.g., problem-solving) or practical aid (e.g., behavioral or financial help), and social support is often experienced in a range of degrees of closeness.



QUESTIONS TO ASK TO ASSESS THE STRENGTH OF YOUR SOCIAL SUPPORT NETWORK:

1. If I wanted to go do something fun, I would not have a hard time finding someone to go with me.
2. I have people in my life that I can share my most private worries and fears with.
3. If I were unwell, I could easily find someone to help me take care of things.
4. There are people I trust to give me advice about handling my problems.
5. There is someone who takes pride in my accomplishments.
6. When I feel lonely, there are several people I can talk to.
7. I feel like I'm included by my circle of friends or family.

Building your social support network is one of the best ways you can enhance your well-being. Take time to invest in your most important relationships.



For more information visit:
<http://bit.ly/BowdoinMHMMoments>