

# Worksheet: Building Your Network



Consider the strengths of your support network. Different people can help to support you with different needs. If you feel alone or without a trusted support network, support is available through online groups and communities.

<b>What Do You Need?</b> <i>(be specific - ex. someone to vent to, someone to help plan meals, etc.)</i>	<b>Who to Contact</b> <i>(include contact information for quick reference)</i>	<b>Back-up Support</b> <i>(who to contact if your primary contact is unavailable?)</i>