



FREE PRACTICAL TOOL

Your Support Circle Map

A simple way to see who can offer emotional, practical, professional, and emergency support.

Start here

- 1 Write your name in the middle of a page.
- 2 Add people who can listen, help with practical tasks, or help you find services.
- 3 Add professional and community supports that are available to you.
- 4 Choose one person to contact this week and one backup person for hard moments.

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If you are in immediate danger, at risk of harming yourself or someone else, or need urgent help, call local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline.