



FREE ONE-PAGE TOOL 06 | CONNECTION

Map Your Support Circle

Support does not have to come from one person. Different people can help in different ways.

1 The listener

Who can hear you without pushing for details?

2 The practical helper

Who could help with a ride, meal, childcare, or a phone call?

3 The trained support

Who can offer specialized help when the situation needs it?

A phrase you can borrow

"Could you help me with one specific thing this week: [request]?"

Make it yours

One name or service I can reach safely:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: cdc.gov/emotional-well-being/conversations-matter/index.html