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Social Support



1. Think about people in your life who make you feel safe and happy.

Identify friends, family members, or colleagues who provide you with a sense of safety and happiness. These are the people who uplift and support you.

2. Make a plan to spend time with them, like a video chat, phone call, or hang out.

Schedule regular interactions with these individuals. Whether it's through a video chat, phone call, or meeting in person, spending time with supportive people can boost your mood and well-being.

3. Talk about your feelings or what's causing stress. Just venting can make a big difference.

Share your thoughts and feelings with your trusted individuals. Opening up about what's stressing you out or how you're feeling can provide relief and help you feel less alone.

4. Listen to their advice but remember you don't have to take it. The important part is feeling supported.

Pay attention to any advice they offer, but don't feel pressured to follow it. The key is to feel heard and supported in your situation.

5. Offer your support to them too. Helping friends can make you feel good.

Be there for your friends and loved ones as well. Offering your support and listening to them can strengthen your relationships and make you feel positive.

This guide can help you harness the power of social support to improve your mental health. Connecting with supportive individuals and sharing your experiences can significantly enhance your well-being.