

Who Can Support You?

What areas do you need support in? Use the space to add details for your particular situation.

- Chores and errands
- Financial support
- Practical advice
- Spiritual support
- Physical comfort
- Child care
- Community resources
- Emotional support

**What qualities do you look for in a support person/organization?
List people who you can turn to for this quality.**

- Trustworthy
- Good listener
- Available emotionally
- Good judgement
- Empathetic
- Understanding
- Patient
- Willing to give advice
- Sense of humour
- Non-judgemental

Adapted from Trauma Academy. (n.d). *My Trauma Recovery*.