

# Your support network

Social connections are so important not just for health, but to help you work through tough times or bounce ideas off. Who are the people that are there for you, and where might you connect with new people?

	Who helps me? <i>Who do I turn to for this kind of support?</i>	Who do I help? <i>Who turns to me for this kind of support?</i>	Where can I connect? <i>Where can I go to create new connections for this kind of support?</i>
<b>Emotional Support</b> Listening to problems, showing empathy. Help with managing emotions.			
<b>Tangible Support</b> Practical help like financial assistance, rides to work or uni, childcare.			
<b>Informational Support</b> Solving problems and overcome challenges. Provide advice or point to resources.			
<b>Social Needs</b> Love, belonging, connectedness. A feeling of security.			