

personal support network

type of support	when might I need it	the person I would turn to...	how helpful is this person? (0-5)
for close friendship			
to share problems			
for good advice			
when I need to laugh			
when I just need to chill out			
when I need to feel safe			
when I need to be with someone who knows me well			
to help me try new things			
when I feel like crying			
when I need to feel cared for			
to help me when I'm in trouble			
for a hug			
to help me feel good about myself			