

Social Support

Social Support System

Social support refers to the people in our lives that help, support, and encourage us. Everyone's social support systems look different. We can lean on our social support system to help us cope with challenging things. Identifying who is in your social support system can help in your treatment journey.

Who Might Be Your Support?

- Family
- Friends
- Teachers
- Doctors
- Neighbors
- Teammates
- Community members
- Supervisors

