

My Support Map Worksheet

Support Map refers to the people or the group of people who are with you, who are your strength, they are the people that keep you going and motivate you to continue your struggles.



List the people that you consider your support system:

1. _____
2. _____
3. _____
4. _____

References

[Helgeson, V. S. \(2003\). Social support and quality of life. *Quality of life research*, 12\(Suppl 1\), 25-31.](#)

[Huiyoung, S. & Chaerim, P. \(2022\). Social support and psychological well-being in younger and older adults: The mediating effects of basic psychological need satisfaction. *Frontiers in Psychology*, 13.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.