

Support Network Grid¹

Good Sources of Support in My Life (Past & Present)						
	Types of Support					
Groups of People	Emotional Support	Social Support	Advice and Information	Lending a hand/helping out	Financial support	Other
Significant other or close friends						
Family						
Friends						
Coworkers, acquaintances						
Community programs, services, people						
Others						

¹ Inspired by the Support Network Grid developed by NCCD Children’s Research Center.