

Support Network Worksheet

Depression tells you to handle everything alone, which is exactly backwards. This worksheet maps who is in your corner and what kind of support each person is good at, so that reaching out takes less thought on a hard day. Different people are good at different things: one friend distracts you well, another listens well, a family member helps with practical tasks.

MY PEOPLE

Name	Kind of support they are good at	Best way to reach them	When I should reach out

A MESSAGE I CAN COPY WHEN REACHING OUT FEELS HARD

Example: "Having a rough stretch with my mood. No need to fix anything. Could we talk or take a walk this week?"

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