

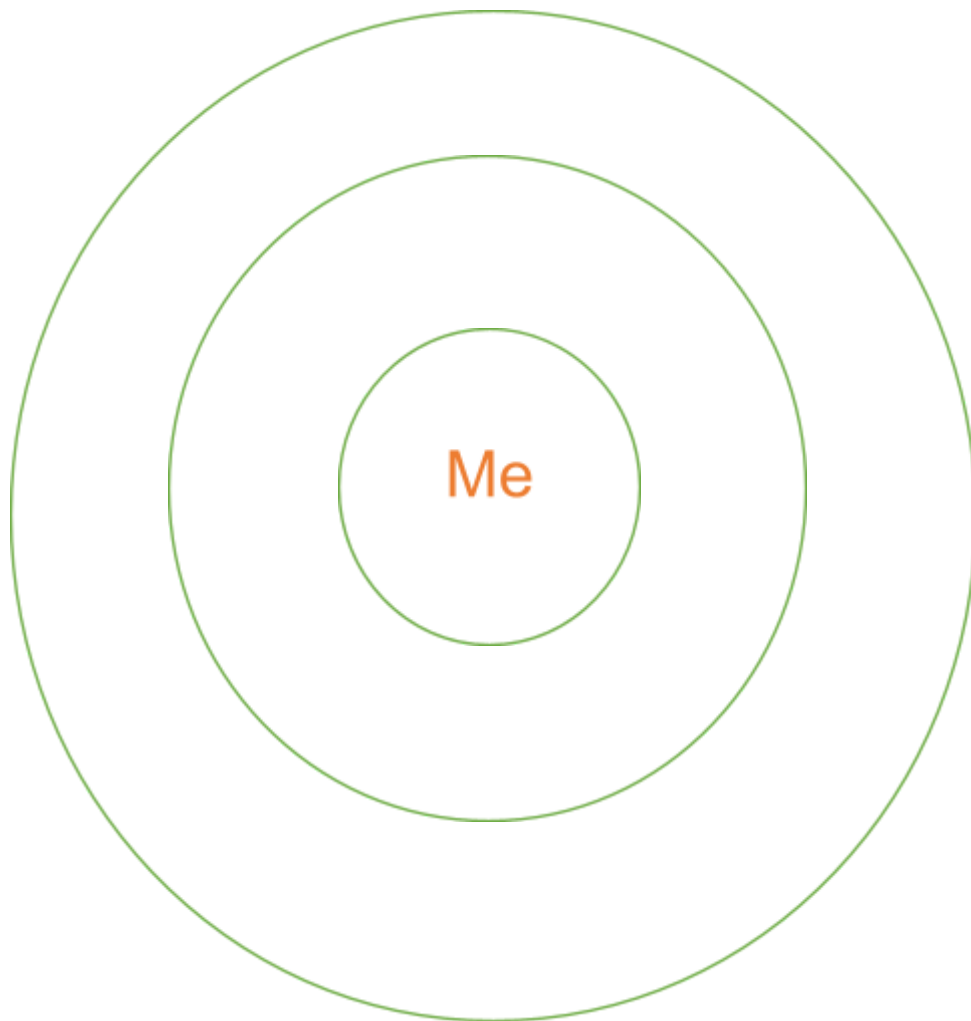
Support Network

Having a positive and good support network is a vital tool in maintaining your mental health and wellbeing, especially when you are/ have experienced domestic abuse.

Here, you will find a couple of tools to help you identify potential members of your support network. These are trusted and empathetic people who can assist you in your emotional struggles and general well-being.

Look at the diagram below. Write down the names of family and friends who are close to you and the ones who are not so close--who would you go to if you needed support or to talk to about something which is distressing you?

My Family and Friends



Trace your hand below and list potential avenues for your support on each of your fingers. You could also note vital information for these avenues of support. For example, if the avenue of support was your close friend, then you could write down methods of contacting them such as their phone number or email address.

