

Finding Support

When you're in the thick of a difficult situation, you might not reach out for support.

Sometimes we're so busy that we don't give much thought to asking for help. Other times, it might feel taboo or a sign of weakness to reach out. Or, it might feel like only you can solve the problem at hand, so getting support doesn't make much logical sense.

It's important to remember that asking for support isn't a sign of weakness. Supporting each other is part of being a friend, family member, neighbor, and community member. Today you might need help, and tomorrow you might give it.

It's also worth remembering that there are different **types of support**. Even if others can't solve a problem for you, you still may benefit from listening, companionship, or advice.

Emotional

- Caring about me
- Encouraging me
- Listening to me
- Validating me
- Accepting me

Companionship

- Fun and interesting conversations
- Enjoyable activities together
- Being part of a group

Info and Advice

- Giving me advice
- Giving new perspectives
- Giving helpful information

Help with Tasks

- Help with school or work
- Help with chores or caregiving
- Lending me time or money

Take a look at the support types and examples above, and reflect on your needs for support.

What type of support do I most often want or need? Least often?

What type of support is the easiest for me to ask for? What about the hardest?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Finding Support

If you're going through a difficult time right now, what kinds of support would help?

In the middle of distress, it's also easy to forget about all the different **sources of support** around us. Take a look at the different sources and examples below.

Family and Friends

- Partner or spouse
- Parents or guardians
- Siblings
- Grandparents
- Aunts and uncles
- Cousins
- Best friend(s)
- Friends
- Roommates
- Childhood friends
- Family friends

Work, School, Neighborhood

- Supervisor or manager
- Teacher or professor
- Mentors
- Elders
- Coworkers
- Classmates
- Neighbors
- Faith leaders

Community and Professionals

- Community center
- Cultural or identity-based groups
- Interest-based clubs
- Therapists
- Social workers or advocates
- Doctors or nurses
- Psychiatrists
- Helpline or crisis line volunteers

Online

- Cultural or identity-based groups
- Interest-based groups
- Peer support groups
- Supportive social media communities

Support can come from many different sources. If your go-to supporters can't provide the kind of help you need at the moment, consider other sources. Peer support groups online or therapists can provide listening and validation. Interest-based clubs nearby or online can make space for companionship. Mentors, faith leaders, or professionals can provide helpful advice. Community centers or advocates could provide help with money or resources.

If you're going through a difficult time right now, what sources of support could help?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

