My Support Network Map

My circles of support

A reliable connection is a meaningful start. Write names and how to reach them.

Name / initials (optional): _____ Date: _____

Closest supports - people I can contact first

Everyday supports - people and places that keep me connected

Professional and community supports

New connections I would like to build

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

My Support Network Map

How people can support me

Clear requests help others understand what you need.

Name / initials (optional): _____ Date: _____

What helps when I am having a hard day

What does not feel helpful

How I prefer people to check in

My plan for staying connected this week

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

My Support Network Map

Strengthen my network

Build connection at a pace that feels manageable.

Name / initials (optional): _____ Date: _____

A relationship I want to strengthen

A group, activity or welcoming place I could try

Practical support I may need

How I can let someone know I appreciate their support

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

My Support Network Map

My contact plan

Keep this page somewhere easy to find. Include a backup contact.

Name / initials (optional): _____ Date: _____

First person - name, number and when they are available

Second person - name, number and availability

Professional or community service - contact details

A safe place I can go and my next planned check-in

Immediate danger or medical emergency: call 000. Keep your support contacts nearby.

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