



Social Support to Improve Your Health

It's important to find people or resources to support you in your health.
What type of support can help you improve your health most?

Three types of social support



Emotional

Helps you feel better by providing encouragement, support, love, etc.



Informational

Gives you knowledge to help you make good decisions.



Practical

Provides support with caregiving, chores, finances, etc

Who or what can provide each type of support to you?

Steps to connecting to social support



1

WHAT type of social support do you need?

2

WHO can provide this support?

3

HOW can they support you?

4

WHEN will you ask for support?
