Building your Support System

FOR MEMBERS

It is important for everyone to have a support system in place whether or not they are dealing with mental health, mental ill-health or a mental disorder.

What is a support system?

Your support system is a group of people you can turn to at any time to:

✔ Be there for you when you need someone to talk or vent to

✔ Help you deal with things such as:
  • feelings or emotions – especially those you don’t understand
  • difficult events in your life
  • strategies for coping with stress

✔ Support you and root for you in things that you do

✔ Help you figure out a plan and next steps

✔ Help you find professional help and access support in your community

Who do you talk to when you have an issue?

It was reported in 2016, that the number one person teens talk to is a friend.
Building your support system

Your support system can be one person or a group of people. It’s a good idea to identify a few people you can turn to, such as:

- Safe and trusted adults
  - family
  - 4-H leaders
  - teachers or other school staff
  - spiritual leaders
  - other community members
- Friends or siblings
- 4-H members

When building your support system keep in mind it should be made up of people who you have a healthy relationship with. To have a healthy relationship with someone means that you trust them, feel safe with them and they accept you for who you are.

Safe and trusted adult

A safe and trusted adult is someone who is accountable, respects your boundaries and doesn’t ask you to keep secrets from others. They are someone who is:

- thoughtful
- trustworthy
- respectful
- helpful
- caring

For more information on support systems, visit KidsHelpPhone.ca.