

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](https://www.kidshelpphone.ca).

Kids Help Phone 

4-H Canada has partnered with Kids Help Phone to develop this resource
[KidsHelpPhone.ca](https://www.kidshelpphone.ca)



4-h-canada.ca/healthyliving