

# Social support inventory

As human beings, we are social at our core. This means that, in order to cope effectively with life's challenges, we need people around us we can depend on for support (Drennon-Gala, 1987). When loneliness strikes, it can sometimes feel like we don't have a support system. That's all the more reason to take a closer look at the people around us. Often times a compassionate ear is just a phone call away.

Think through your social network and fill out the form below.

Name	Relationship to you	What makes them special?*	How to contact them?	When are they available?
David Samuels	Brother	I can be myself with him.	E-mail, text, phone	All the time

\*Special reasons might include:

- You can trust them with your feelings.
- You can trust them with a safety plan.
- You can be silent with them and they won't leave.
- They steadfastly believe in you.
- They'll hold your hand if you cry.
- They can look after your plants if you have to go away.
- They will cover for you at work.
- They understand your home situation.
- They regularly offer excellent advice.
- They are fun to hang out with.
- You can just be yourself with them.
- They are an excellent mentor.