EXPLORE SUPPORT OPTIONS

My Support Map

Support can be practical, emotional, medical, social, cultural, legal, or crisis-related. You do not need to tell every person everything. Choose what is appropriate and safe.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] Someone can listen without judgment.
- [ ] I know a place where I can ask for information.
- [ ] I could benefit from practical help.
- [ ] I am unsure whom to contact in a crisis.
- [ ] Some contacts could compromise my privacy.
- [ ] I want a confidential professional conversation.

REFLECT AT YOUR OWN PACE

Who or what helps me feel heard and respected?

What kind of support am I missing right now?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials. | Barrett, C. (2023). Narcissistic Abuse: Training for PESI Law and Ethics [slides in Legal and Ethical Considerations for Working with Narcissism and NA/ARS]. PESI training materials.

EXPLORE SUPPORT OPTIONS

My Support Map

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

Which support options are private and safe to access?

What would I need to ask for specifically?

If circumstances became urgent, what service could I contact?

OPTIONAL GENTLE PRACTICE

Ontario: 211 for community services; Assaulted Women's Helpline 1-866-863-0511. Canada: call/text 988 for suicide crisis. Immediate danger: 911.

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