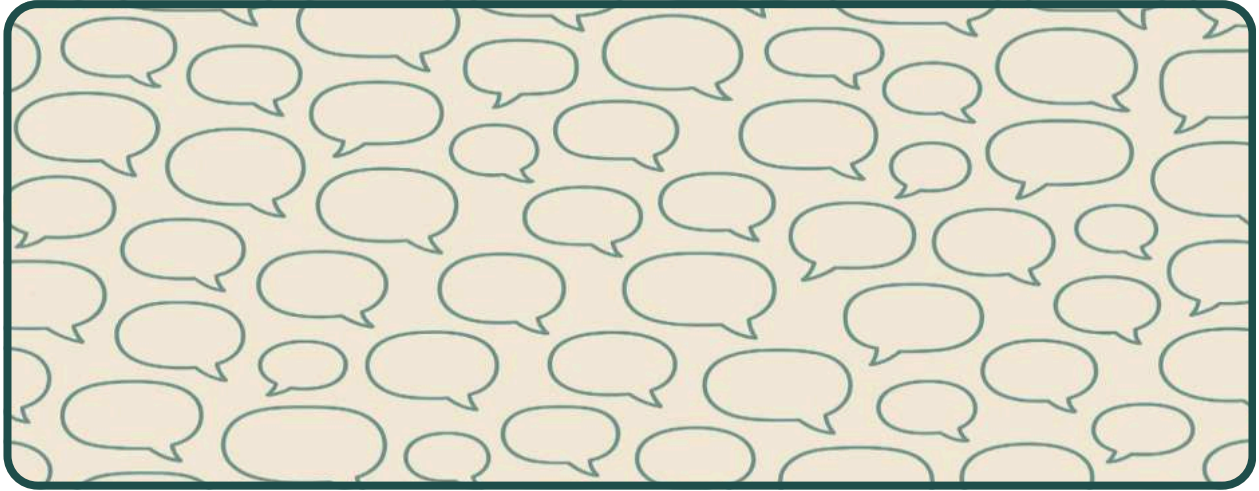


COMMUNICATION AND SOCIAL SUPPORT



05

COMMUNICATION
AND SOCIAL
SUPPORT



Strong social support is one of the biggest predictors of emotional recovery.

Reach out to trusted people, community members, or helpers—even brief connection can reduce stress significantly.

Here are some practical tools for fostering effective communication and tapping into your social support:

- “Name What You Need” Statements
- The Two-Sentence Check-In
- “Listen First” Support Conversations
- The Comforting Presence Tool
- Support Contacts List
- Ask for One Small Thing
- Connection Through Text
- The “Circle of Support” Planning Tool
- Healthy Conversation Boundaries
- “You’re Not Alone” Anchors

[see **Appendix D** for practical communication and social support tools]