

# Support System Map Template

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## 1. My inner circle (closest support)

People I trust most and feel comfortable sharing with:

- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_  
\_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_  
\_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_  
\_\_\_\_\_

## 2. Extended support

Other people who can support me, even if not as close:

- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_
- Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_

## 3. Professional support

Therapists, counselors, doctors, or mental health professionals:

- Name: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_
- Name: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone/Contact: \_\_\_\_\_

## 4. Community & online support

Groups, forums, or organizations that help with anxiety:

- Organization/Group: \_\_\_\_\_ Contact/Website: \_\_\_\_\_
- Organization/Group: \_\_\_\_\_ Contact/Website: \_\_\_\_\_

## 5. Crisis contacts / helplines

List local and global emergency or mental health hotlines you can call:

- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_

**6. My self-care contacts**

People or activities that help me feel calm and supported:

- \_\_\_\_\_
- \_\_\_\_\_

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