

Tips to create a support system

A strong support system is critical to helping you through difficult times. There are many different options when cultivating a support system

People with a strong support system are **25%** more likely to be happier

SOCIAL



Group activities

- Volunteer. Get involved with something that is important to you
- Take a class or join a gym



Make social plans

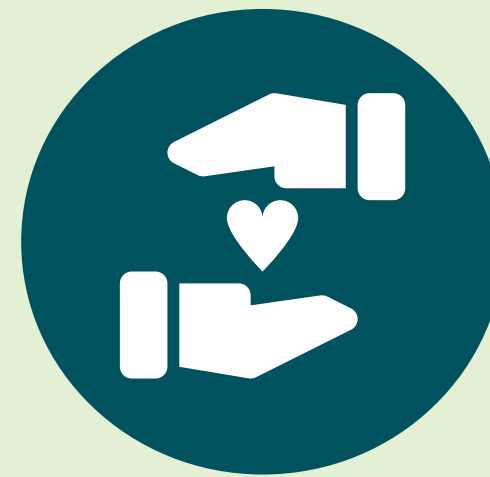
- Create opportunities to build or strengthen your relationships

FAMILY



Keep the lines of communication open

- Stay in touch. Answer phone calls, return emails and reciprocate invitations



Accept help

- Don't isolate yourself if a family member offers their assistance

MEDICAL



Find a medical professional that you're comfortable with

- Mental illness can be treated effectively
- Speaking with a professional can be beneficial



Reach out to your EFAP to learn about available options

ONLINE



While it shouldn't replace face to face interactions, online networks can be a useful tool to keep in touch with your support system

- Expand your support network by connecting with people worldwide
- Explore forums and online support groups
- Be sure to stick to reputable sites, and be cautious about arranging in-person meetings