



Appendix B: My Support Circle

Use this worksheet to map out the people in your life who can support you as you grieve. You might have different people for different kinds of support—that is okay and normal. You can fill this in now or return to it as your needs change.

People who can listen and be present with me:

Name	Phone/Text	Best time to reach them	What I need from them (e.g., someone to cry with, someone to sit quietly with, someone who won't try to "fix it")

People who can help with practical tasks:

Name	Phone/Text	What they can help with (e.g., groceries, childcare, meals, driving, errands)	Confirmed they can help?
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

People who understand grief or have been through a similar loss:

Name	Phone/Text	Their connection to grief (e.g., lost a parent, trained counsellor, support group facilitator)



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Professional supports:

Service	Name/Contact	Phone/Website	When I use this support
Counsellor or therapist			
Doctor			
Grief support group			
Crisis line or hotline			
Other:			

People or spaces to avoid or limit right now:

Sometimes, part of protecting yourself is knowing when to step back from who or what. It is okay to set boundaries.

Person or situation	Why I need distance	How I might handle it (e.g., "I'll text instead of call," "I won't see them right now," "I'll keep visits short")



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Notes for myself

One thing I appreciate about my support circle:

One thing I need that I don't have yet:

How I can ask for help (what words feel comfortable):

What I want to remember: Support looks different for different people and different moments. You may need different things on different days. It is okay to ask, to change your mind, and to take what you need.
