

Identifying Support in Your Life: A Worksheet

Resource Worksheet. Created August 2023

This resource is to help you identify support for your life, especially useful in times of vulnerability, trauma, grief, or shock. Simply fill out the worksheet below and keep it close to you so you can reach out when you need to.

People I Trust and Feel Safe Talking To:

Close Family:

Other Relatives:

Neighbors/Friends:

Church/Place of Worship:

Counselor:

Co-workers:

Clubs/ Groups:

Question: Do you feel you have enough support should you need it?

If not, how could you increase your level of support?



For more resources and support programs for individuals who are deaf, hard of hearing, or deaf-blind, please contact us at (808) 369-0499 or csc@csc-hawaii.org. Mahalo!