



# Social Supports: Support Yourself With Support From Others

## What Are Social Supports?

Social support is having, or perceiving that one has people in their lives that they can receive support. This support can range from financial support (allowance providers) to emotional support (someone who says “I love you”).

## Why Is Social Support Helpful?

Sometimes, life may seem like a lot for one person to handle. Having social support, or people you can count on helps alleviate the load. Simply by knowing others are there, to actively helping you “problem-solve” issues, social supports can make a world of difference.

## Where Can I Find Social Support?

Lots of people refer to their parents or friends as their main source of social support. If you don't have family or friends that you can refer to for help, that's okay! Try seeking out your school counselor, or a favorite teacher. Just make sure you feel comfortable reaching out to the people you designate as a social support.

## Nobody Offered To Be My Social Support...What Should I Do?

It's okay, people don't always explicitly say “Hey, I want to support you”. If you find someone you can trust, and that you feel comfortable with, approach them and tell them what you need. Depending on their response, and how you feel towards their reaction, you may feel more comfortable the more you choose to reach out.

## What Makes Good Social Support?

Different people look for different qualities in people they view as social supports. Generally, a good social support is someone you feel close to, who you can trust, and who seems non-judgmental. Some people you know may be good social support providers on certain topics and not so good with other topics. Then, there are also people who may be able to provide you support on every concern you have. Think about the people in your life, and think about who can provide helpful support in different situations, and good luck making it happen!

### Support From The Center:



[education.gsu.edu/schoolsafety](http://education.gsu.edu/schoolsafety)



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