

Different Types of Support

Consider each source or person identified within the support pyramid and identify what type of support they may provide. There are various types of support which are listed below.

Which people on your support pyramid could provide the following?



Emotional Support - someone who you can discuss your feelings with



Moral Support - someone who can provide you with encouragement



Instrumental Support - someone who can help you with practical tasks, such as giving you a lift to an appointment



Recreational Support - someone who you would like to spend leisure time with



A Mentor - someone who can provide you with guidance and instruction



What other support would help your recovery and who could provide it?

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful