GLOBAL GRIEF NETWORK | LEARNER TOOLS

My Support Plan

Support Planning | Who and what helps, and where to turn



About this page: Grief is easier to carry with others. This plan helps you name the people, places, and practices that support you, so they are easy to find on a hard day. Share it with someone you trust if you like.

My circle of support

Kind of support	Who can help	How to reach them
Someone to listen		
Practical help (meals, errands, children, pets)		
Company or getting out		
Information or paperwork		
Faith, spiritual, or cultural support		
Someone who has had a similar loss		

Groups and organizations

Group or organization	When it meets or how to contact	Notes

What helps me

On ordinary days

On hard days

At night

Around special dates

Early signs that I need more support (for example, not sleeping, pulling away, drinking more)

When I notice those signs, I will

Professional support

My doctor or clinic

Phone

A licensed counselor or grief professional (if I have one)

Phone

If I am in crisis

If I am thinking about suicide or feel unsafe, I will call or text **988** (988 Suicide & Crisis Lifeline, US). If anyone is in immediate danger, I will call **911** or go to the nearest emergency room. Outside the US, I will use my local emergency number.

Someone I will tell if I am struggling

Their phone

Date made

Date to review

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