



MAPPING

social support



Target audience

- Workers with youth (min age 6).
- Parents with their kids (each person does their map).
- Any individual experiencing loneliness or social isolation.

Instructions

Take a moment to reflect on all the different people in your life. This could be close family and friends, friends you connect with less regularly, friends you have lost touch with, professional supports (e.g.: therapist, music teacher, fitness coach), and community contacts such as your neighbors or shopkeepers you are friendly with.

Goals

15-30
MIN

- See how many people you are connected with and the quality of those relationships.
- Learn new ways of connecting with people in your network.
- Connect with people and make new connections if you so desire.

Materials required

- One piece of paper per person (preferably large) or printed appendix 1.
- One pen or pencil per person.
- A red, yellow or green marker (or a crayon).
- Multi-colored markers or pencils (optional).

CLINICAL BENEFITS

Social support and connectedness are vital keys to health and wellbeing. Current social distancing measures have deeply impacted how we connect and limited our normal ways of interacting. Without being able to see our family, friends, and community, we can start to feel extremely isolated, which can have a negative impact on our physical and mental health. This tool is intended to give you a visual representation of all the support and care (whether professional or informal) that is available to you and/or relationships you may need to cultivate at this moment.

TIPS

- If you have trouble remembering people in your network, try looking through your phone contact list (e.g.: Whats app contacts, Facebook friends). Also, you may remember people throughout the day after doing the exercise so feel free to add them later.
- There are so many methods of communication we can use, so include people you interact with using any type of communication (e.g.: phone, video chat, text, gaming, handwritten letters, email, etc.) and safe physical distancing (e.g.: talking to neighbor over the fence).
- Please only include those who you have active interactions with, passively viewing people on your Facebook or Instagram accounts should not be included.

Step 1: Print the attached template (appendix 1) or draw the same image on your sheet, including a box for needs and priorities. Place your name in the center circle. If you feel so inspired, you may decorate this map with colors, stickers, drawings, etc.

Step 2: Everyday connections. Think about all the people you see or interact with daily. Write their names in the inner circle closest to yours.

Step 3: People you connect with at least once a week. Think about all the people you see or interact with weekly. Write their names in the second circle closest to yours.

Step 4: People you connect with at least once a month. Think about all the people you see or interact monthly. Write their names in the third circle closest to yours.

Step 5: People you connect with a few times a year. Think about all the people who you see or interact with a few times a year. Write their names in the fourth circle (the most outer circle).

UNDERSTANDING your support network

Now that you have populated your map, take some time to go through the following questions.

- Who do you feel strongly connected to? (circle the names in red)
- Is there anyone that you would like to reconnect or develop a better connection with? (circle the names in yellow)
- Is there anyone you could reach out to increase their support network? (circle the names in green)
- Who is missing from your social support map?
- Is there a kind of support you would need?
(e.g.: counseling, fitness instruction, spiritual guidance, creative outlet, intellectual stimulation, community involvement, etc.)
- If you identify a social support need that is currently missing in your network, generate some ideas about how to fulfill this need.
- Are there organizations or professional services that you could appeal to help meet this need. (please see appendix 2 for a list of mental health resources)
- Write your needs in the box in the lower right corner (appendix 1).
- It is possible that all your social support needs may already be met at this time. If so, this is great news!

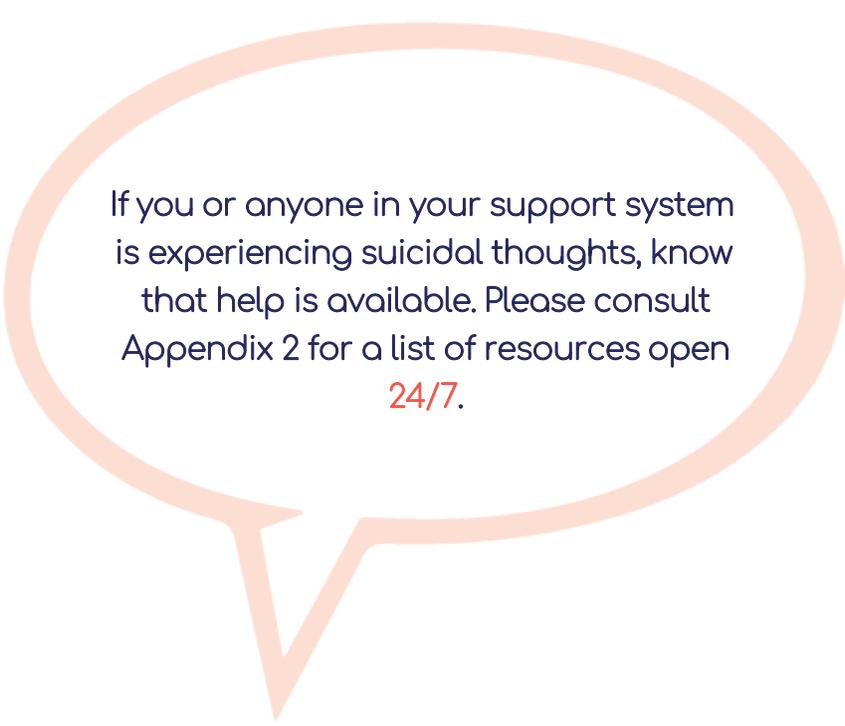


If you are currently experiencing domestic violence, please consult Appendix 2 for a list of resources available **24/7**.

STRENGTHENING your support network

Now that you have identified some connections that could be strengthened or support needs that you may have, identify what are your two priorities connections to make first. Find the best method of communication for you to reach out to these people and remember that it must be compatible with what is available to them. After that, consider if the method of communication you've chosen is enough to feel connected (e.g.: text vs video call).

- Decide when you are going to contact your two priorities connections and follow through. Write your top priority contacts in the box on the lower right corner (appendix
- Please remember that this is a challenging time emotionally and psychologically, so some people may not be available. If this is the case, try to reach out to the next person on your list. Hopefully, the person contacted will recall you when she/he will be available.
- Continue working through your list of 'connections to make' at a pace that is suited to you. Enjoy the journey of connection and growth and know that you are not alone! We are all in this together.



If you or anyone in your support system is experiencing suicidal thoughts, know that help is available. Please consult Appendix 2 for a list of resources open 24/7.

Appendix 1

Needs and priorities

-
-
-
-

Your name

Appendix 2

Ressources

COUNSELLING AND MENTAL HEALTH SUPPORT				
Organization	Website	Telephone number	Cost	Age group
AMI-Québec	https://amiquebec.org/francais/	514 486-1448 (9-5 weekdays)	Free	Adult caregivers
Head & Hands	https://headandhands.ca/programs-services/social-services/	eveningcounselor@headandhands.ca	Free	12 - 25 years old
The Argyle Institute	https://argyleinstitute.org/fr/	514 931-5629 (9-5 weekdays)	\$	Child, adolescent, adult
FACE À FACE	https://faceafacemontreal.org/fr/service-de-counseling/	514 934-4546 (9-5 weekdays)	Free	Adults
Montreal Therapy Centre	https://www.montrealtherapy.com/fr/services/	514 244-1290 (9-5 weekdays)	\$	Child, adolescent, adult
Jewish General Hospital Teenage Health Unit	https://www.hgi.ca/soins-et-services/centre-de-medecine-familiale-goldman-herzl/unite-de-la-sante-des-adolescents/	514 340-8242 (9-5 weekdays)	Free	12 - 18 years old
The Montreal Centre of Anxiety and Depression	https://www.helpforanxietydepression.com/fr/	514 777-4530 or 514 796-4357 (10-5 weekdays)	\$	Adults

DOMESTIC VIOLENCE

Auberge Shalom	http://aubergeshalom.org/	514 731-0833 24 hours hotline	Free	Adults
All Shelters in Montreal	https://www.domesticshelters.org/help/qc/montreal?page=2		Free	Adults
Kids Help phone	https://kidshelpphone.ca/	1 800 668-6863 24 hours hotline	Free	0-18 years old

SUICIDAL IDEATIONS

Suicide Action Montreal	https://suicideactionmontreal.org/	1 866 277 3553 24 hours hotline	Free	Adults
Canada Suicide Prevention Services	https://www.crisisservicescanada.ca/fr/	1 833 456-4566	Free	Youth and adults