

Circle of Support

It may be that most of us don't stop very often to think about who and what we have in our life that nurtures, supports, encourages, and helps us grow. Building and maintaining good mental health is dependent on using a variety of resources to promote wellness and help provide the strength and resiliency to move through difficult times in the most positive way possible. The 'Circle of Support' can be used by yourself or with others to explore the different ways mental health can be built and sustained. Explore your own supports while examining the examples provided by our own staff of CMHA Grand River Branch. In the **inner circle**, include those things that a person can draw on for themselves such as hopes and dreams, belief system, interests, or creative pursuits. In the **middle circle**, explore the informal or natural supports available such as community groups, workmates, family, and friends. In the **outer circle**, include any formal services that can be accessed such as health, social and employment services.

