



# Types of Support



## EMOTIONAL SUPPORT



**WHY?** Companionship & belonging.

**HOW?** Listen, affirm, validate.

## ESTEEM SUPPORT



**WHY?** Affirming skills & qualities.

**HOW?** Encourage, reassure, motivate.

## PRACTICAL SUPPORT



**WHY?** Informational or tangible problem solving.

**HOW?** Advise, guide, assist.



### RECEIVING SUPPORT? SPECIFY...

“Your advice is awesome, but right now I really need to vent. Would you be willing to listen?”

### PROVIDING SUPPORT? ASK...

“How can I best be supportive? Would you like to vent, hear a pep talk, or problem-solve?”