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?”

(858) 534-3755
CAPS.UCSD.EDU
@ucsdshw