***Getting Support***

Activity for Healthy Healers

One of the goals for the Healthy Healers course is knowing and using your support network.

Complete the form, before our next class session. (If you would like to add other “Help” situations, include those too!) Week one will cover what makes a good job and begin discussing the concept of a support network.

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| --- | --- |
| **Situation** | **Name & Phone number or e-mail** |
| Regional IT staff for computer & technology questions: |  |
| A community or family member I can turn to (if I am under a lot of stress): |  |
| *Another* community or family member I can turn to (if I am under a lot of stress): |  |
| Co-worker I can turn to, if I need help or under stress: |  |
| Learning Partner: |  |
| Supervisor: |  |
| Regional Employee  Assistance Program: |  |
| Local or Regional Behavioral  Health Support: |  |
| Other? |  |
| Other? |  |

*Keep this form somewhere you can find quickly!*