

# Build Your Support Community

Your health care team can support you, and the people in your life want to help you too. They just need to know how. Use this resource to determine what needs you may have and which friends and family members may be able to be part of your support community.



## MY DAY-TO-DAY TASKS

If I need help...	I can reach out to <i>(Name/Contact Info)</i>
Getting to and from doctor visits	
Understanding what my doctor said	
Caring for a child or my family	
Paying bills or dealing with paperwork	
Running errands	
Completing daily tasks	
Preparing meals	

### Decide what works for you.

Keeping this guide nearby may help you know who to reach out to when you need support. Print it out, save it on your phone or computer, and share it with a trusted support person so they are aware of your support community.



## MY HEALTH CARE QUESTIONS

If I need to ask...	I can reach out to <i>(Name/Contact Info)</i>
What to expect with my treatment	
About a symptom	
About my upcoming appointments	
How to manage other conditions or my overall health	



## MY EMOTIONAL NEEDS

If I need...	I can reach out to <i>(Name/Contact Info)</i>
To talk about changes to my body or appearance	
Comfort or a laugh	
Time with a friend	
Company when I'm feeling lonely	