

Building a Support Circle

Everyone needs support. It can be helpful to think about the people in your life who can help support you when you are feeling overwhelmed, stressed or anxious. Your support circle can support you in many ways, from active listening to lending a shoulder to cry on.

Step 1: Write down everyone in your life who supports you.

Think outside the box and don't worry if you get stuck. Remember that some of the people who support you may not be related to you. Sometimes people refer to these folks as their "chosen family." Many LGBTQ+ youth find the support they need and deserve with a chosen family in addition to or instead of their biological family.

Here are some ideas to help start building your support circle:

- family members
- friends
- teachers
- school counselors
- coaches
- theater, choir, or band directors
- faith community
- youth workers

Step 2: Fill in your support circle.

On the circle below, start by putting yourself in the middle. Next, think about all the people you listed who support you. In the white circle, write the names of people you can tell anything to and know that you will be heard, affirmed and supported. In the green circle, write the names of people that still support you but who you may not want to tell everything. When you're done, look at how many people in your life support you!

It's normal to feel lonely occasionally or like you're not heard. When those feelings come up, connect with someone in your support circle.

