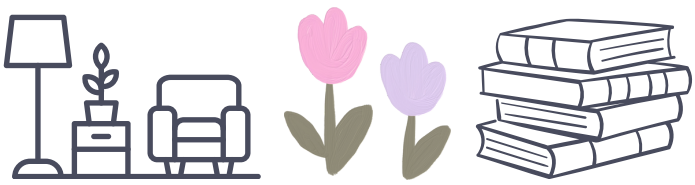
My Support Map

A space to notice the people, places, and practices that support you.

People who support me

Practices and Spaces That Support Me



HEALTHY MIND psychology

Extra support I'd like to explore...

Is there an area I'd like to strengthen? Who or what do I lean on most? Are there supports I haven't used in a while but could? Would I benefit from talking to a professional? Are there community or peer groups I could join? What small daily practices could I add?

Support comes in many forms – from people, practices, and places. Mapping it out helps us see what's already here, and where we might invite more care into our lives.

HEALTHY MIND psychology