



## Balancing your support network

All of us will have times when we can offer help and times when we should reach out for help; There are times we need to be supported and times we need to be supportive. Asking for help in our personal or work lives is one of the ways we can improve our resilience.

Visit the *Workplace Strategies for Mental Health*\* website to review the [Balancing your support network](#) page. You will be encouraged to reflect on your current support network, and explore ways to help develop your network, such as:

- Joining a group
- Collaborating online or in person
- Volunteering

However you choose to build a support network, the more people you support, the more people who may also be there when you need help.

\*Visit [clwsmh.com](https://clwsmh.com) to access *Workplace Strategies for Mental Health* free tools and resources