

HOW TO BUILD

A GOOD MENTAL HEALTH SUPPORT NETWORK



@BELIEVEPHQ

EARS

It is important to have someone who listens to you. Someone who takes in information and will listen to any problems you have to talk about.

MOUTH

In your network you need someone who you can regularly chat to. Someone who checks in with you and is there to support you to help you find the best advice.

HEART

Make sure you have someone who cares for you. Someone who loves you for who you are.

LEGS

The legs hold you up. Find someone who can help to motivate you and keep you going when things get tough. Someone who is there to support and encourage you.

HEAD

It is important to have someone who you feel you can relax and unwind with.

EYES

Find someone in your network who watches out for you. Someone who you can trust and rely upon.

SHOULDERS

The shoulders are all about sharing problems. Make sure you have someone who can help you to problem solve

HIPS

The hips are all about having fun. Develop relationships with people who you can go out with to experience fun and pleasurable activities.

FEET

The feet are about movement and being active. Have someone in your network who encourages you to keep doing things

