

SUPPORT INVENTORY

Use this worksheet to find out where you get different kinds of support from for specific issues.

SYSTEM OF SUPPORT	TYPE OF ISSUE or CHALLENGE					
Supporter This could be a person, place or thing you go to for support	Family Issues Anything involving issues with your family.	Friend/Peer Issues Fights or arguments with friends or peers.	Relationship Issues Challenges with your partner, cheating, etc.	School/Work Issues Trouble at school/work with grades or performance, etc.	Mental Health Bad moods or depression, when feelings don't make sense, etc.	Crises Any situation where you feel like you need help immediately.
<i>Christina</i>	X	X		X		
TrevorSpace www.thetrevorproject.org/pages/trevorspace	X	X	X	X		
TrevorChat www.thetrevorproject.org	X	X	X	X	X	X
The Trevor Lifeline 866-488-7386	X	X	X	X	X	X

How to use the Support Inventory:

Everyone has systems of support in their life. Sometimes, it's hard to visualize where that support is coming from and where you may need more support.

While the Trevor Lifeline and all of Trevor's life-saving resources are always there for you – we know that sometimes, the best support can come from the people and things in your life that you're closest to – like a best friend, a local community center or organization, or an online forum of friends.

You may know exactly where to go to for support in any given situation or you may feel hopeless when it comes to a certain kind of problem. The Support Inventory is a tool for you to visualize where you get your support from, and where you can build more support in your life so that you are never alone.

Once you've finished filling out your inventory, look at the people, places, or things that support you. Consider thanking those support systems for always being there for you.

For the places that are missing "X's," think about other people, places, or things that could fill that gap for you and be there for you in that time of need.

When thinking about how to get support, try to use these questions as a guide:

1. Do you trust this support?
2. Has this support system been helpful in the past?
3. Will this support system understand what it is you need?
4. Does this support system help you come to a conclusion on your own?

Follow up questions:

- Is there any person or place on your list that you can go to for support for ANYTHING?
- In what columns are you missing support? Where or to whom could you go to for support there?
- In the columns where you're missing support, could you identify someone/somewhere on your list that you could reach out to for help there?
- As a group, discuss what some local organizations or places are where youth could go to for help for each column. (i.e. School/Work issues – School Guidance Office)
- What column(s) do you have the most support in? Why?
- What column(s) are you lacking support in? Why?