CLAREMONT
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# Support Network Building Guide

**Connection is a fundamental part of our well-being. A support network – people and communities you can turn to for emotional encouragement, advice, and companionship – plays an important role in improving mental health.**

This guide is designed to help you build and strengthen your support system with practical tips, conversation starters, and a 30-Day Connection challenge filled with actions that support mental well-being through human connection.

## Practical Tips for Building Network of Support

### Identify Current Support Systems

Recognize the people and communities you rely on for encouragement, advice, practical help, and companionship.

### Expand Your Network

Use shared interests, community involvement, or other connections to introduce fresh perspectives.

### Strengthen Family Connections

Share memories, experiences, and express appreciation for members of your family of origin or chosen family.

### Find Community Groups

Join clubs, volunteer organizations, or interest-based groups to share your values, experiences, or hobbies.

### Support Others

Offer to listen, encourage, and assist others to help them and strengthen your own sense of purpose.

### Seek Professional Support

Mental health professionals can give you the guidance and support when you feel lonely or have relationship challenges.


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## Conversation Starters for Strengthening Relationships

Try these to deepen connection with family, friends, caregivers, and chosen family.

**What's a life lesson or event that shaped who are today?**

**Is there anything you'd like more support with right now?**

**What local activities or organizations do you enjoy outside of work?**

**What is something you'd like future generations to know?**

**What support do you need that you're not currently receiving?**




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# 30-Day Connection Challenge

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
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| Call a friend you haven't spoken to in a while. | Text someone to let them know you're thinking of them. | Ask a loved one about a challenge they've overcome. | Schedule a coffee chat with a coworker. | Attend a community event or local activity. |
| **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| Introduce yourself to a new neighbor. | Share a family story, tradition, or favorite memory. | Ask someone what support they need right now. | Share a favorite photo & memory with family | Take a 15-min walk with a friend or family member. |
| **Day 11** | **Day 12** | **Day 13** | **Day 14** | **Day 15** |
| Call an older friend or relative just to catch up. | Write a handwritten note to someone. | Invite someone to join you for a lunch break. | Volunteer for a cause you care about. | Tell someone they are important to you. |
| **Day 16** | **Day 17** | **Day 18** | **Day 19** | **Day 20** |
| Unplug from devices during all conversations. | Thank someone who has supported you recently. | Reach out to a former coworker, classmate, or friend. | Offer to help a friend or neighbor. | Learn something new about a family member's history. |
| **Day 21** | **Day 22** | **Day 23** | **Day 24** | **Day 25** |
| Participate in an online group focused on a hobby. | Compliment three people sincerely. | Ask someone in a different generation about their experiences. | Have a meal, coffee, or video chat with someone you care about. | Create a small gathering or family activity. |
| **Day 26** | **Day 27** | **Day 28** | **Day 29** | **Day 30** |
| Talk with someone about one of your personal goals. | Reach out to someone who may be feeling lonely. | Share something you're grateful for with someone. | Make a list of the people in your support network. | Commit to one connection habit to continue each week. |



**We're Here to Help.**

Call: **800.834.3773**

Visit: **claremonteap.com**



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