

 Cut along the dotted line



informational support

This type of support can be giving advice, suggestions, guidance or other useful information



emotional support

This type of support can be verbal expressions of empathy, understanding, trust, love, acceptance, encouragement or listening



instrumental support

This type of support can be tangible aid or service such as financial assistance, material goods or services

**Social
Support
Card**



**Social
Support
Card**



**Social
Support
Card**



 Cut along the dotted line

Negative Support



informational “support”

This type of “support” can be giving **bad** advice, suggestions, guidance or other unhelpful information

Negative Support



emotional “support”

This type of “support” can be verbal communication that **is not** empathic, understanding, trustworthy, loving, or accepting

Negative Support



instrumental “support”

This type of “support” can be **unhelpful** tangible aid, material goods, or services

**Social
Support
Card**



**Social
Support
Card**



**Social
Support
Card**

