

 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**

