

Personal Support Matrix

Helen's Headlines

Short resources with a Christian Ethos

	Spiritual	Professional	Emotional	Social	Social	Notes
Family						
Friends						<i>There may also be some friends who drain me!</i>
Home						<i>Include people from other organisations in the work/professional cell& others beyond your own workplace</i>
Work						
Neighbours						
Church						
Prayer partners						
Mentor /coach/ spiritual direction						
People in other areas of life						<i>Doctor?</i>
Support that's not people						