My support team

You are the most important person in looking after your health. However, it helps to have support from those around you - your own ‘health support team’.

To get the most out of your support team, it is helpful if you understand the role each person plays and how they can work together.

Write down the names of your support team and how they help you to look after your health below.

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

My Support Team

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by:

Name:

Helps by: