

Mapping Support and Boundaries

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Identify appropriate support and prepare a clear boundary around disclosure.

You can choose different levels of support from different people. This page helps you identify who feels dependable for a specific need and what boundaries make contact more manageable. You do not owe anyone your full story.

Match people to roles

One person may help with a ride, another may listen, and a professional may help with assessment or treatment. Include services and community spaces as well as individuals. A person who is close to you is not automatically a safe or suitable support.

Choose what to share

Decide what you want to ask for and what you prefer to keep private. For example, "I am having a hard day and could use company. I do not want to discuss details." Plan an alternative if someone cannot help or does not respect the boundary.

A need I want support with and a person or service suited to it

What I am willing to share and what I want to keep private

The request or boundary I could say

My alternative if the response is unavailable or unhelpful