

Ubuntu: community care with choice | Explore

My Map of Connection and Support

Adults | 8 to 10 minutes | Worksheet

Identify one current or possible connection and the conditions that would make it useful.

You can map people, places, services, or groups without writing names. Use general labels if the page might be seen by others. A small map is enough.

How to use this page

Write, draw, or talk through the three areas. Include support you receive, support you might request, and spaces you want to approach cautiously or not at all.

Start with what is already present

Think of a place where you feel somewhat at ease or a person who has respected a choice. Connection may be occasional: a library group, a neighbor's greeting, or a professional who follows through. You do not need to invent a close network if one is not available.

Name the kind of support

Distinguish companionship, practical help, cultural connection, advocacy, and professional care. One relationship may offer one kind and not another. Notice what is missing without treating that gap as a personal failure.

PK09-03 | continued

Identify a welcoming condition

Consider cost, transport, language, timing, physical access, sensory needs, privacy, or freedom to leave. Choose one question that could clarify whether a possible connection fits. You can decide against joining after learning more; an invitation does not create a debt.

1. Connections that currently offer something useful, or spaces I might explore**2. The kind of support or belonging I would like more of****3. One access or consent condition, and a question I could ask**

PK09-03 | continued**Facilitator notes and adaptation**

Validate isolation caused by exclusion, racism, poverty, disability, or unsafe relationships. Do not prescribe family reconnection or unpaid contribution as the solution.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB08 | Desmond Tutu; foreword published by Amnesty International USA | Archbishop Desmond Tutu on Dignity

<https://www.amnestyusa.org/blog/archbishop-desmond-tutu-on-dignity/>

PB09 | World Health Organization | Guidance on Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches

<https://www.who.int/publications/i/item/9789240025707>