S.E.C.R.E.T. Tool: My Support Network Map Worksheet

A practical tool to help me identify safe support, notice where support may be missing, and choose one connection step that protects my recovery.

Name: _____ | **Date:** _____

1 Who is currently safe support for me?

Who can I speak to honestly, safely, or calmly?

2 What professional or recovery support can I use?

This could include recovery workers, groups, meetings, helplines, counselling, peer support, or other trusted services.

3 Where might support be missing?

Where do I feel alone, unsupported, isolated, or unsure who to turn to?

4 What kind of support do I need most right now?

Do I need someone to listen, help me plan, encourage me, challenge me safely, distract me, or help me stay away from risk?

5 My next safe connection step

One person, group, service, or safe place I can reconnect with is:

The step I will take is:

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
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