

What Support Do I Need as a Family Member?

Your needs deserve attention while you support someone else. Start with the part of your own day that needs help; this is not an assessment of how well you are caring for another person.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

SAMHSA recognizes that supporting a loved one can be taxing and encourages caregivers to attend to their own health. Family support groups, therapy or counseling are among the options families can explore. [1]

Original examples: name your need separately

What is happening	My own need	A request I could make
I keep canceling my appointments to help with rides.	Time to attend my own care.	Could you take one trip next week while I keep my appointment?
I have nobody I can speak with honestly.	A confidential space to discuss my experience.	I am seeking support for myself as a family member. What do you offer?
Everything feels like my responsibility.	Help with a specific task and clearer limits.	Can we decide who will handle groceries this week?

Choose the kind of support you want

- Practical: a shared task, a ride, meals or time away from a responsibility.
- Personal: someone who can listen without asking you to solve everything.
- Professional: your own healthcare or counseling conversation.
- Peer: a group specifically for family members or other supporters; ask whom it serves and what participation involves.

My request, for me

One need I want to address

What I need and why it matters to my day.

Who I will ask and what I will say

Name/service; a specific request; how and when I will contact them.

If that option is unavailable

Another person/service or a smaller request; what I need help finding.

Permission to seek your own support

You do not have to turn this into a discussion of the other person's private records. Describe your own experience and ask the service about its confidentiality arrangements. This original planner does not depend on completing someone else's treatment plan.

Sources and Further Reading

[1] SAMHSA: Helping Families Cope

<https://www.samhsa.gov/mental-health/children-and-families/coping-resources>

[2] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>