



easterseals MORC

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## The Importance of Social Support

MAY IS MENTAL HEALTH AWARENESS MONTH

Research has shown a strong correlation between personal relationships and mental health. Below are the different types of social support and why they are important.

### Three types of social support

**Emotional support:** People in your life that you can turn to when you need a shoulder to cry on, celebrate your big wins, or talk to about something angering you.

**Instrumental support:** People in your life who can take care of your physical needs when you are unable to.

**Informational Support:** People in your life that provide advice, information, or guidance.

People in your life can provide all of these supports, or just a few, but having all available within your circle is crucial to your mental health.

### Health Benefits of social support

- **Coping with stress:** Being surrounded by people who support you in all three categories of social support is shown to help people feel more capable of dealing with life's stressors.
- **Healthier decision-making:** Social groups tend to influence the behaviors of those who are part of them, which can lead to making healthier decisions.
- **Improves motivation:** Engaging in social groups that support you in reaching your goals can increase motivation.
- **Reduces feeling of loneliness:** You are less likely to experience feelings of loneliness and isolation when you receive social support on a consistent basis.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan the code to learn more about the Choose Kindness campaign.