

Support Circle Mapping Sheet

Identify who can help with practical, emotional and specialist support.

Immediate circle

People who live with you or are part of the daily routine. List what they can offer and how to ask.

Name: _____ Support offered: _____

Name: _____ Support offered: _____

Extended network

- Friends or family who can provide short notice childcare or lifts.
- Parents at school or clubs who understand neurodiversity.
- Faith or community groups that feel safe.
- Colleagues who cover shifts when appointments arise.

Professional allies

- GP or paediatrician.
- SENCO or SEND lead.
- Therapist, coach or counsellor.
- Local peer support or helplines.

Notes and contact details: _____

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.