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# **TOPICS**

**1) Mapping Social Support Networks for Mental Health Intervention .**

**2) How ego-centric networks help in identifying isolated individuals and understanding support systems**

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# Introduction

- Mental health interventions increasingly rely on social support systems.
  - Ego-centric networks focus on individual (ego) and their direct ties (alters).
  - Helps identify isolated individuals lacking support.
  - Crucial in early detection and support planning.
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# What Are Social Support Networks?

- A **social support network** includes family, friends, peers, and others offering emotional, practical, or informational help.

## Types of support:

Emotional (empathy, care)

Instrumental (tangible help)

Informational (guidance/advice)

Mapping these networks helps evaluate a person's social resources.

# What is an Ego-Centric Network?

- A network centered around a single individual (ego).
  - Shows relationships with others (alters) and among alters.
  - Useful for mapping personal support systems.
  - Data collected via interviews, surveys, or digital traces.
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# Benefits in Mental Health Context

- Detects social isolation early.
  - Identifies key support persons.
  - Helps customize interventions.
  - Reveals emotional, informational, and practical support gaps.
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# Identifying Isolated Individuals

- Individuals with sparse or no alters in their network.
  - Lack of mutual connections may signal isolation.
  - Can guide outreach and inclusion efforts.
  - Use network density and centrality metrics for analysis.
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# Case Applications

- School mental health programs: Track student peer networks.
  - Elderly care: Identify seniors at risk of isolation.
  - Workplace wellbeing: Evaluate employee support structures.
  - Community health: Map vulnerable populations.
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# Conclusion

- Ego-centric networks offer powerful insights.
  - Essential tool in modern mental health strategy.
  - Aids in early detection, targeted intervention, and improving wellbeing.
  - Integrating social data can transform mental health care delivery.
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