

Tools & Techniques:

Social Support Ecogram

This is an example of a tool that can be used with youth to assist them in identifying support. We use an ecogram by writing the youth and their need in the center circle. In the outside circles we represent different life domains and the identified/potential informal supports that the youth could use for assistance when they need help. Examples of domains are School, Family, Friends, Work, Home, Neighborhood, Faith Base Community, and Social Media.

