

## Who Can Help Me

Physical	Contact/Specialty	Phone	Contact/Specialty	Phone
Medical/Dental	Doctor/Specialist		Doctor/Specialist	
	Doctor/Specialist		Doctor/Specialist	
	Dentist		Pharmacist	
	Eye Care			
	Medical Insurance		Dental Insurance	
Fitness/Nutrition				
Home Services Professionals	Heating & Air Conditioning Professional		Plumber	
	Lawn Services		General Maintenance	
	Cleaning Services		Cable/Internet	
Local Safety	Non-Emergency Police		Non-Emergency Fire	
	Location of Nearest Hospital		Local Gas Company	
Appearance	Salon/Barber			
Other Physical	Auto Mechanic		Auto Insurance	
	Home Insurance			

## Who Can Help Me

Relational	Name & their Strength	Phone	Name & their Strength	Phone
Doers				
Feeling Folks				
Fun People				
Community/ Neighbors/ ~				
Work/School				
Other Relationships				

## Who Can Help Me

<b>Spiritual</b>	<b>Name &amp; their Strength</b>	<b>Phone</b>	<b>Name &amp; their Strength</b>	<b>Phone</b>
Friend/Family				
Spiritual Leaders				
Spiritual Group/ Community				
Other Spiritual Supports				
<b>Emotional</b>	<b>Name &amp; their Strength</b>	<b>Phone</b>	<b>Name &amp; their Strength</b>	<b>Phone</b>
Friend/Family				
Counselor/Social Worker				
Support Group				
Other Emotional Supports				
<b>Mental</b>	<b>Name &amp; Location</b>	<b>Phone</b>	<b>Name &amp; Location</b>	<b>Phone</b>
Interest / Social Groups				
Library/ Community Center				
General Organization/ Planning				
Other Mental	Accountant/Tax Prep		Will/Estate Attorney	