

Parent Support Card

Use this when you need another person to understand what you need without explaining the whole story.
Fill only what helps today. This is not a test, diagnosis, or daily tracker.

1. START WITH THE SENTENCE

CHECK THE CLOSEST SENTENCE - OR WRITE YOUR OWN BELOW

- | | |
|--|---|
| ☐ I am at my limit and need someone to check on me today. | ☐ I have nothing left and need one responsibility taken off me. |
| ☐ I am grieving and need someone to listen without correcting it. | ☐ I have disappeared into caregiving and need one part of my life protected. |

MY OWN WORDS (OPTIONAL)

2. THE PERSON I CAN CONTACT

NAME

RELATIONSHIP / ROLE

PHONE OR MESSAGE METHOD

CHECK A SENTENCE YOU CAN SEND

- | | |
|--|---|
| ☐ I do not need advice. I need you to stay with me for a few minutes. | ☐ Please check on me later today, even if I say I am fine. |
| ☐ I am at capacity. Can you take one thing from me today? | ☐ Can you help me contact professional support today? |

3. ONE THING I NEED TODAY

CHECK WHAT WOULD MAKE THE NEXT HOURS MORE MANAGEABLE

- | | | |
|---|---|--|
| ☐ A person to stay with me or call me. | ☐ Twenty minutes with no responsibility. | ☐ One task removed or completed for me. |
| ☐ Help making a call or sending a message. | ☐ A meal, ride, pickup, or practical errand. | ☐ One expectation paused until later. |

THE SPECIFIC THING I AM ASKING FOR

4. ONE PART OF ME TO PROTECT

THE PART OF ME I DO NOT WANT CAREGIVING TO ERASE

THE SMALLEST WAY IT CAN EXIST THIS WEEK

5. PROFESSIONAL SUPPORT

THERAPIST / COUNSELOR / SUPPORT LINE

CLINIC / PROVIDER CONTACT

NEXT CONTACT OR FOLLOW-UP