

# SEEKING SOCIAL SUPPORT



## Making contact with others

Can help reduce feelings of distress

Connections can be with family, friends, or others who are coping with the same/similar event

## Healthy Options

Let others know you need to talk or just to be with them

Decide carefully whom to talk to

Decide ahead of time what you want to discuss

Choose the right time and place



Talk about painful thoughts and feelings when you're ready

Ask others if it's a good time to talk

Tell others you appreciate them listening

Tell others what you need or how they could help - one main thing that would help you right now

## Unhelpful Behavior



- Keep quiet because you don't want to upset others
- Keep quiet because you're worried about being a burden
- Assume that others don't want to listen
- Wait until you're so stressed or exhausted that you can't fully benefit from help