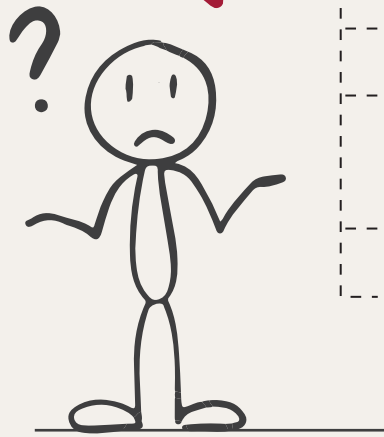


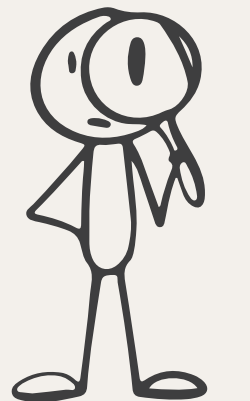
SOCIAL SUPPORT

Reasons Why People May Avoid Social Support



- Feeling embarrassed or “weak”
- Feeling they will lose control
- Not wanting to burden others
- Doubting it will be helpful, or that others won't understand
- Feeling that others will be disappointed or judgmental
- Not knowing where to get help

Things That Interfere with Giving Support



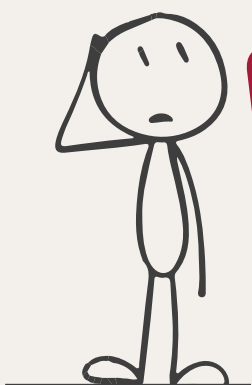
- Rushing to tell someone that he/she will be okay or that they should just “get over it”
- Discussing your own personal experiences without listening to the other person's story
- Stopping the person from talking about what is bothering them
- Acting like someone is weak or exaggerating because he or she isn't coping as well as you are
- Giving advice without listening to the person's concerns or asking the person what works for him or her
- Telling them they were lucky it wasn't worse

Things That Encourage Social Support



- Show interest, attention, and care
- Find an uninterrupted time and place to talk
- Be free of expectations or judgments
 - Show respect for individuals' reactions and ways of coping
- Acknowledge that this type of stress can take time to resolve
- Help brainstorm healthy ways to deal with their reactions
 - Believe that the person is capable of recovery
- Offer to talk or spend time together as many times as is needed

When Support Is Not Enough



- Let the person know that experts think that avoidance and withdrawal are likely to increase distress, and social support helps recovery
- Encourage the person to seek professional help