



CONNECTING WITH OTHERS

Seeking Social Support

Social Support Options

- Spouse or partner
- Trusted family member
- Close friend
- Priest, Rabbi, or other clergy
- Doctor or nurse
- Crisis counselor or other counsellor
- Support group
- Co-worker
- Pet

Do

- Decide carefully who to talk to
- Decide ahead of time what you want to discuss
- Choose the right time and place
- Start by talking about practical things
- Let others know you need to talk or just to be with them
- 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



Don't

- 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

Making contact with others can help reduce feelings of distress

Children and adolescents

Can benefit from spending some time with other similar – age peers

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

Ways to Get Connected

- Calling friends or family on the phone
- Increasing contact with existing acquaintances and friends
- Renewing or beginning involvement in church, synagogue, or other religious groups activities
- Getting involved with a supporting group
- Getting involved in community recovery activities

