

## **CONNECTING WITH OTHERS SEEKING SOCIAL SUPPORT**

- 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 with family, friends, or others who are coping with the same traumatic event

### **Social Support Options**

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

### **Do . . .**

- Decide carefully whom to talk to
- Start by talking about practical things
- Ask others if it's a good time to talk
- Decide ahead of time what you want to discuss
- Let others know you need to talk or just to be with them
- Tell others you appreciate them listening
- Choose the right time and place
- Talk about painful thoughts and feelings when you're ready
- Tell others what you need or how they could help—one main thing that would help you right now

### **Don't . . .**

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

### **Ways to Get Connected**

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