

Connecting with Others (1)

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

Do...

- Decide carefully whom to talk to
- Ask others if it's a good time to talk
- Let others know you need to talk or just to be with them
- Talk about painful thoughts and feelings when you're ready
- Choose the right time and place
- Start by talking about practical things
- Decide ahead of time what you want to discuss
- 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

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

Ways to Get Connected

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