



**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.

## 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 counselor
- Support group
- Co-worker
- Pet

## Do ...

- Decide carefully whom 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
- 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, synagogue, or other religious group activities
- Getting involved with a support group
- Getting involved in community recovery activities

