

Connecting with Others: Seeking Social Support

Seeking Social Support		
<ul style="list-style-type: none"> • Making contact with others can help reduce feeling of distress • Children and adolescents can benefit from spending some time with similar-age peers • Connections can be with family, friends, or others who are coping with the same traumatic event 		
Social Support Options		
<ul style="list-style-type: none"> • Spouse/partner or parents • Trusted family member • Close friend • Clergy 	<ul style="list-style-type: none"> • Doctor or nurse • Crisis/School counselor or • other counselor • Support group 	<ul style="list-style-type: none"> • Coworker/Teacher/Coach • Pet
Do . . .		Don't . . .
<ul style="list-style-type: none"> • 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 		<ul style="list-style-type: none"> • 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		
<ul style="list-style-type: none"> • Calling friends or family on the phone • Increasing contact with existing acquaintances and friends • Renewing or beginning involvement in religious group activities 		<ul style="list-style-type: none"> • Getting involved with a support group • Getting involved in university recovery activities

Brymer, M., Jacobs, A., Layne, C., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E., & Watson, P. (2006). *Psychological First Aid*. National Child Traumatic Stress Network and National Center for PTSD.