In Your Corner



THE OPPORTUNITY TO HELP ANOTHER IS A GIFT-CORNY, BUT TRUE. IN A WAY, THAT MAKES YOUR DECISION TO ASK FOR OR ACCEPT HELP ANOTHER GIFT. FRIENDSHIPS, RELATIONSHIPS AND COMMUNITIES ARE BUILT ON THIS RECIPROCITY.

USING SUGGESTIONS FROM MENTAL HEALTH ADVOCATES, WE'VE CREATED A FEW SENTENCES TO HELP YOU BRING YOUR PEOPLE INTO FOCUS. ADJUST ANY WORDS TO MAKE THIS WORK FOR YOU.

My supporting players

Think about how you would complete the following sentences.

I always feel comfortable with
I can tell anything to
People who help me solve my problems
People who make me feel valued
People who take my concerns seriously



Bonus Assignment

names of those you have helped in the past.

Is there someone you are currently supporting or would like to support more?

There are also people in our lives who we support. Take a moment to jot down the

One way to ask for help

Not sure how to ask for help? Kids Help Phone offers some advice that's as good for adults as it is for children. They suggest you start like this: "Say, 'I need information about/support with X. Do you know where I can go?"