

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 _____

