

Healthy Support Person(s)



MDAM
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Helping People Help Themselves

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What is A Healthy Support Person?

Having a strong support system will ensure that you have the tools and supports during a time of crisis. A healthy support system includes being accountable to someone, associating with others with similar problems, and learning about your disorder's symptoms and triggers in order to avoid crisis. (Adamgerbman, 2017)

Why Should I Have A Healthy Support Person?

Support systems have been shown to reduce stress and physical health issues, as well as enhance emotional health, life satisfaction, self-esteem, and resiliency. (Harper, n.d.)

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Types of Supports

Emotional Support

When someone listens to you, has empathy for you, and expresses concern for you, they are being emotionally supportive. For instance, if you lost your job or got divorced, a close friend might give you physical consolation by giving you a hug or calling you every day during the first few weeks to check on you. (CMHC BC & Anxiety Canada, 2022)

Practical Help

People who care about you might provide you with services or practical assistance, such as material or food, presents, childcare, culinary assistance, or assistance with relocation. This kind of assistance enables you to do daily duties and lessens some of the stress you may be under. (CMHC BC & Anxiety Canada, 2022)

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Sharing Points of View

Some individuals support you by expressing confidence in you or by motivating you. They might assist you maintain a positive and sensible perspective on circumstances and remind you of your advantages. Before a crucial presentation at school, for instance, a classmate can remind you of your good communication skills and prior achievements. (CMHC BC & Anxiety Canada, 2022)

Sharing Information

When relatives, friends or even professionals provide real information or offer their helpful opinions on certain circumstances, it can be quite beneficial. Someone who has recently lost their job might share resources for networking or advice on how to deal with the change, while someone who has recently been married may share information on the cost of their wedding and advice on how to stick to your budget. (CMHC BC & Anxiety Canada, 2022)

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How Do I Improve My Supports?

Don't Be Afraid To Take Social Risks

A good technique for meeting new individuals is to go looking for them and to introduce yourself. You might choose to attend a party or attempt a pastime, for instance, even though you won't know anybody else there. When you venture outside of your typical activities, you could create fresh chances to meet others. For instance, when you get engaged in an organization or club, you could meet new people. Informal get-togethers, community centres, leisure activities, volunteer work, schools, and workplaces are other typical meeting venues. (CMHC BC & Anxiety Canada, 2022)

Reach Out

Ask the people you know to help you broaden your networks. If you have recently become single, ask your friends to introduce you to other single people or people with interests similar to yours. Social networking sites may help you stay connected with friends and expand your networks. Be sure to take precautions to ensure your safety when using online sites. (CMHC BC & Anxiety Canada, 2022)

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Be Patient

It can take some time to make new friends. To make just one new buddy, you might need to meet a lot of new people. Building intimacy requires time as well. To feel close to someone and confident in their support, may take time. (CMHC BC & Anxiety Canada, 2022)

Take Care of Other Friendships

If you're a good friend yourself, you're more likely to make lasting friendships. Keep in touch with your network of supporters, respond to text messages and phone calls, organize video chats, help out others when they need it, and let people know how much you value them. Relationships inevitably experience conflict, but proactive communication can help resolve issues and improve connections. (CMHC BC & Anxiety Canada, 2022)

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