



*If I told you,  
What would you do?*

*Would you help me find  
others who  
understand  
and can offer me  
support?*

**I need** you to be aware of your own limitations.

**I need** you to be honest with me about what you can do to help.

**I need** you to consider my physical, emotional and spiritual needs  
and wellbeing equally and at all times.

**I need** help to find the right people and services at a time that is right for me.

**I need** you to be willing to help me seek peer support.

**I need** you to be willing to help me locate appropriate professional services.

**I need** you to understand how daunting this may feel to me.





*But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, 'Take care of him; and when I come back, I will repay you whatever more you spend.'*

The Parable of the Good Samaritan:  
Luke 10:33–35 abridged

**In the parable of the Good Samaritan Jesus encouraged the disciples to care for others regardless of their gender, race, or background.**

Like the Good Samaritan, the church is called to care for one another. Like the Good Samaritan who sought shelter in the inn and asked the innkeeper for help, we also need to be aware of our own limitations in supporting others.

Like the Good Samaritan, we can facilitate support signposting people towards services and individuals who can tend to their needs and wellbeing better than ourselves.

