

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

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



# *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.

*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.’***

