

*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.’*

