

OTR



***SELF HELP RESOURCE 2:
REACHING OUT***

REACHING OUT

Reaching out to others for support is important to help us cope when things are difficult. Reaching out can be a positive alternative to self-harming and help you cope if you have self-harmed

But it's scary right???

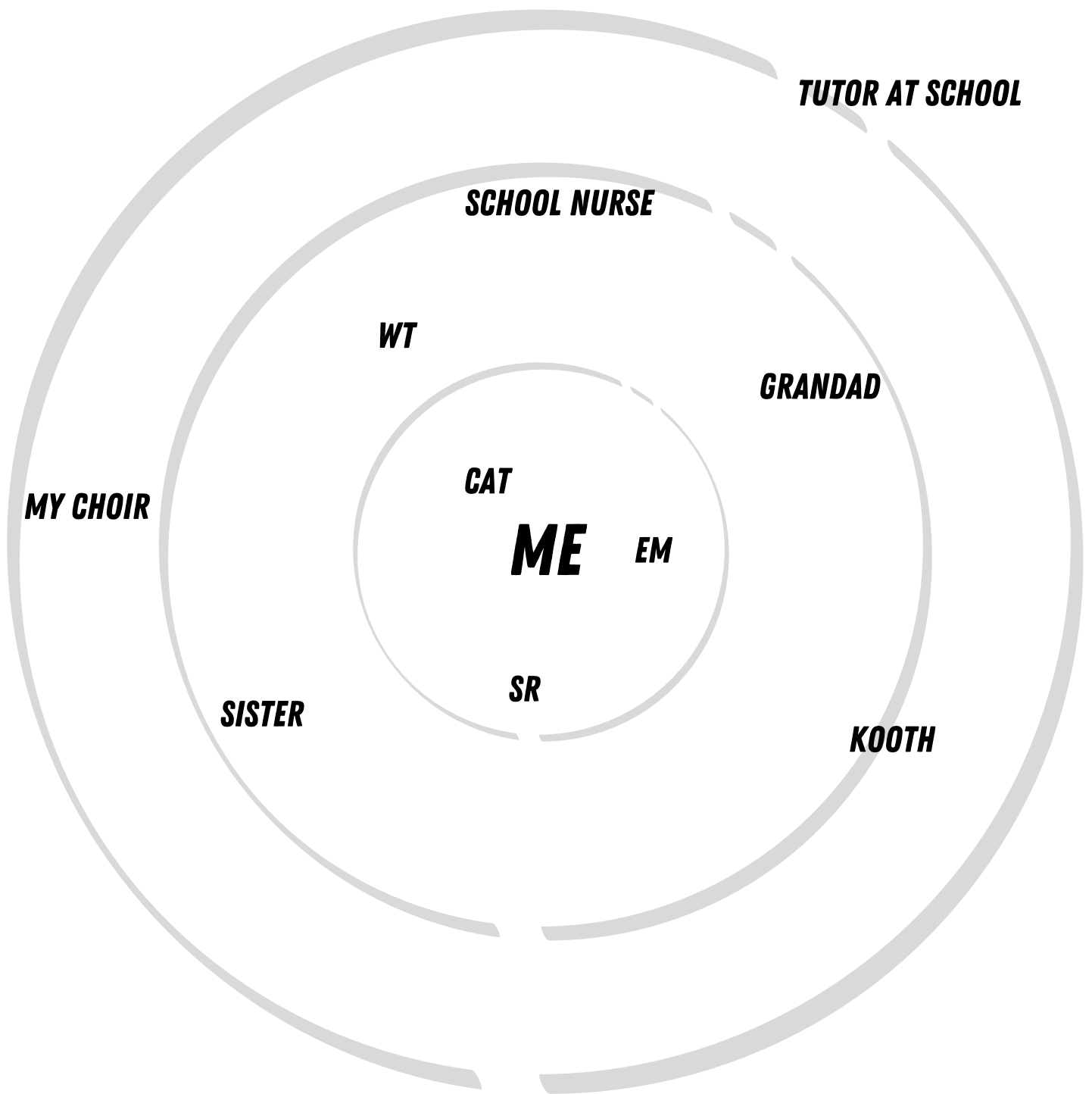
The activities in this workbook will help you think about who you can reach out to, how others can support you and how you can overcome the fear of reaching out

STEP 1 - DESIGN YOUR REACH OUT MAP

NOT KNOWING WHO TO TURN TO CAN HOLD US BACK FROM REACHING OUT SO IT HELPS TO MAP OUT THE PEOPLE, PETS AND ORGANISATIONS IN OUR LIVES

- ▶ Use the template on the next page or grab a pen and paper to create your own Reach Out Map
- ▶ Put yourself in the centre of your map by writing your name, initials or maybe a self-portrait if you're feeling creative!
- ▶ If you like draw 2-3 circles around your name (feel free to design it differently)
- ▶ Add people, pets and organisations who are part of your life to your map
- ▶ Try putting the ones you feel closest to nearer the centre
- ▶ You can include friends, family, professionals (like teachers or youth workers), pets and organisations
- ▶ This map isn't just for people you **already** reach out to. It's also to explore who you could reach out to in future

REACHING OUT



It's not the number of people you have on your map that matters and everyone's map will look different. It will probably change over time too which happens to everyone

REACHING OUT

STEP 2 - HOW CAN OTHERS SUPPORT YOU?

It's likely that the people on your Reach Out Map support you in different ways or you want different kinds of support from different people. Have a think about how each of the people, pets or organisations on your map can support you and add this to your map.

We like to use emoji's for this part...



makes you laugh and cheers you up



Someone who helps you feel loved



a great advice giver



easy to speak to when you're upset



A great listener



someone who understands how you feel

STEP 3 - IDENTIFY THE BARRIERS

We know it's not easy to reach out to others for support. Identifying what stops you from reaching out can help you figure out how to deal with these barriers and overcome them. Below are barriers other young people have told us about, can you relate to any of these?

FEELING EMBARRASSED

**THINKING THAT OTHER PEOPLE
COPE BETTER AND
WE SHOULDN'T NEED HELP**

**WORRYING ABOUT BEING A
BURDEN TO OTHER PEOPLE**

**IF WE'VE HAD A NEGATIVE
EXPERIENCE OF REACHING OUT
WORRYING THAT THIS WILL
HAPPEN AGAIN**

FEAR OF BEING JUDGED

**WORRYING THAT OTHERS
WON'T UNDERSTAND**

REACHING OUT

STEP 4 - IMAGINE A WORLD...

Now take some time to think about the benefits of reaching out
(even though it's difficult)

If you like you can start by imagining a world where everyone finds it
easy to talk about how they're feeling and get support from others.

What would this world be like?

How would it be different?

What would be better?

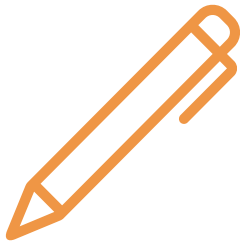


Now think about your own world. Imagine you start reaching out to
others more often.

What would change for you?

Would you feel differently?

What would be better?



**USE THESE IDEAS AS MOTIVATION TO BE BRAVE AND REACH OUT EVEN WHEN
IT'S HARD. EVERYONE (AND WE MEAN EVERYONE) DESERVES SUPPORT AND
YOU ARE NO EXCEPTION!**

REACHING OUT

STEP 5 - USE SOME OF OUR TOP TIPS...



HAVE A LOOK AT OUR REACH OUT MAP, WHO WOULD YOU LIKE TO REACH OUT TO AND WHAT ABOUT? ADD YOUR IDEAS TO THE SAFETY PLAN AND USE OUR TOP TIPS TO GIVE IT A GO



Plan what you would like to say in advance so it's easier to remember if you feel nervous



Ask the person when they have time to talk (if it's an organisation or professional try to find out in advance how you can speak to them and when)



Try putting yourself in the other person's shoes
It's likely that if someone reached out to you, you wouldn't think of them as a burden or judge them for what they say so maybe that's how other people will feel too



Remember that by sharing with someone else you can help them feel more comfortable reaching out in the future



If you're worried about trusting someone then test this out a bit at a time. You could start by sharing something small and work your way up



If you've had a negative experience try not to blame yourself there are other people out there who will support you, it can take time to explore and find them



Try and reach out before things get worse. Imagine you're a bottle of Coca Cola with the lid screwed on tight that's getting shaken up. Think of reaching out as a way to turn the cap and let a little out at a time which can stop you "exploding" later on