

Types of Support

Emotional support

Emotional support is giving someone the **opportunity to talk** about how they're feeling **during or following** a significant life event.

Who could offer emotional support?

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Task 2 How does emotional support help someone to cope? Complete the mind map below.

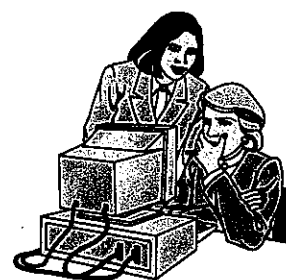


Information and advice

When life events happen **unexpectedly** people may not know **what to do** or **how to cope** with them. Information and advice from the **right sources** can help people understand **where to go** for help, the **choices available** to them and **how to make** positive choices.

Some examples of where you can get information and advice could be:

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Task 3 In the table below, identify where you would recommend the following people go for information and advice following an unexpected life event.

<i>Adi has just found out she is pregnant</i>	
<i>Benji has just been diagnosed with depression</i>	
<i>Sajid's wife wants a divorce</i>	

Types of Support

There are **different** types of support that can **help** someone going through a life event.

These include:

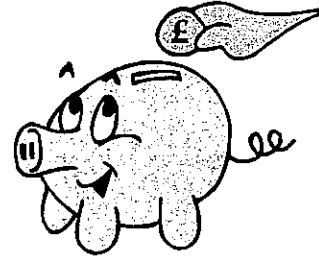
- 1) **Practical help** — e.g. providing childcare while someone is at hospital.
- 2) **Emotional support** — e.g. talking to someone about how to deal with grief.
- 3) **Information and advice** — e.g. explaining the choices that are available to someone.

Practical help

A person who is dealing with a **sudden change** or **reaction** to a life event may need more practical help in order to **cope**.

Types of practical help include:

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Task 1 List as many examples of practical help as you can in the table below.

Financial	Childcare	Domestic chores	Transport
<i>E.g. lending money for rent while out of work.</i>	<i>E.g. looking after the children while at a counselling appointment.</i>	<i>E.g. making some dinners for someone so they don't have to cook every night.</i>	<i>E.g. dropping someone off at work.</i>



Wait Watchers — a procrastinators support group...

Think of someone in your community or family that may require practical help.
What type of practical help could you support them with?