

# Nuts and Bolts of Helping

# Helping Defined

- Any activity we use to assist another person
- Not necessarily a therapeutic relationship
- Three requirements of helping
  - Person desires help
  - Someone willing to give help
  - A place to help

# Ways of Helping

- Physical – EX: help someone move, Habitat for Humanity, volunteer at food pantry
- Financial- EX: cosign loan, donate money
- Advocating- help them connect with resources
- Large scale advocacy- EX: advocate for your profession through legislation or find professional identity
- Spiritual- EX: take them to church or pray with them
- Psychologically- EX: counseling or social work