

# Support seeking

Support-seeking is the process of reaching out to others for help, advice, or emotional support during times of need. It can involve seeking support from friends, family members, healthcare providers, or other professionals.

Support-seeking is an important aspect of [mental health](#) and [well-being](#), as it can help individuals to cope with [stress](#), manage difficult emotions, and build [resilience](#). It can also help to reduce feelings of [isolation](#) and loneliness, and promote social connectedness.

However, some individuals may find it difficult to seek support due to feelings of [shame, embarrassment](#), or fear of being judged. They may also be hesitant to reach out for support because they feel that they should be able to handle their problems on their own.

It is important to note that seeking support is a sign of strength, not weakness. It takes courage to reach out for help, and doing so can be an important step toward healing and recovery. There are many different types of support available, from talking to a friend or family member to seek professional help from a therapist or counselor.

Overall, support-seeking is an important skill for promoting mental health and well-being. It involves acknowledging one's own [limitations](#) and recognizing the value of support from others. By reaching out for help when needed, individuals can build [resilience](#) and foster greater social connectedness, leading to improved overall well-being.

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