



c)

* Identifying need for support -

The individual need to see that they need help first of all in order to increase control over, and improve their health.

* Overcoming barriers to support -

The individual need to overcome barriers such as fear of what others think, by people reinforcing positive self concepts. They also need to overcome barriers such as thinking that life won't improve. This can be ~~help~~ overcome by telling the individual testimonials of success.

* Seeking help for self and others - Young people need to go and find support from schools, counsellors, youth centres, churches etc. so they can begin to receive help.

* Receiving support - the individual will ~~need~~ need a positive attitude as they receive support from others.

(continued)



((c) continued)

* Establishing a mentor relationship -

the individual needs to establish a mentor relationship and find someone who's older with more experience to advise them in how they live and how to approach situations.