

# HOW TO ASK FOR HELP

1. Go to someone that is **TRUSTWORTHY** and has respect for you

2. Go to a place where it is **COMFORTABLE** for you to speak

3. Do not feel embarrassed by what you are going through. **YOU ARE OFTEN STRONGER THAN YOU THINK**



4. There is **ALWAYS** someone who wants to help. Keep trying until you find that person!

5. **PREPARE** what you would like to talk about; this helps you become less nervous when discussing your thoughts and feelings!

6. **PRACTICE**, so that you will know how to confront things and feel calm when speaking to someone

## Benefits of Talking to Someone

- Your relationship may **GROW!** When someone listens and supports you, your relationship will become stronger
- Your message **CAN** go a long way
- If you give others a chance to **SUPPORT** you, you can feel less alone by having someone to talk to
- Your stress and tension can **DROP/DISAPPEAR** when you talk to a friend
- By speaking to an adult, a family member, or a friend, it helps you build **RESILIENCE**
- Feel **EMPOWERED**

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Sometimes, you may not feel comfortable speaking to a family member or a friend because the struggle may involve them. Remember teachers and other caring adults are there to help and support you

If there is a certain adult you feel comfortable speaking with, remember they are there to **LISTEN** and **SUPPORT** you!