



Asking for Help

General Tip Sheet

TALK TO SOMEONE

Go to someone that is trustworthy and has respect for you



REMEMBER

There is **ALWAYS** someone who wants to help.

FIND COMFORT

Go to a place where it is comfortable for you to speak. Find a friend who can give support or comfort

PREPARE

Prepare what you would like to talk about. This helps you become less nervous when discussing your thoughts and feelings!

PRACTICE

Write your feelings out, if you have a hard time talking about your feelings.

DO NOT

Do not feel embarrassed by what you are going through! Everyone has tough times.

KEEPING TRYING

Try until you find someone or a solution to the issues you're struggling with. **Perseverance is key!**

Sometimes you may not feel comfortable speaking to family members or friends because the struggle may involve them.

Remember teachers and other caring adults are there to support you too.

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



The content included in this material is provided by YouthSpeak Performance Charity. Reproduction and redistribution of the content requires written permission.

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak
Performance Charity