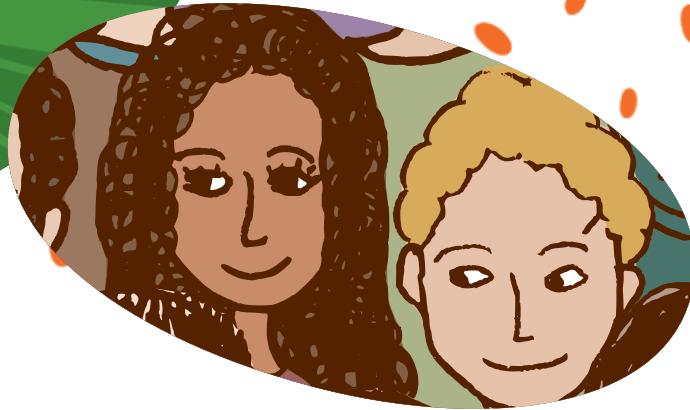


REACHING OUT



You might be thinking:

I don't think my problems are important or big enough to talk to anyone about...

I'm worried I might be labelled or that people might judge me...

Not at all! It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it! Asking for help can be awkward but you'll probably feel relieved after you do.

How do I start the conversation?

Here are some suggestions to help start the conversation:

"I don't know if you can help me, but I'm hoping you can help me to find someone who can."

"I've been feeling _____ lately, can I get your help?"

"I have a tough situation; it's really bugging me... Can I talk to you about it?"

"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."

With difficult conversations, it may be easier to "break the ice" by writing things down on paper or through text. Reaching out to talk to someone doesn't have to be in person. For example:

"Hey _____, it's _____. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."



If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT to 686868.**



What will happen after I reach out for help?

After talking to a trusted adult about yourself and how you're feeling:

It can take time to feel better

The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better

They may need to set up an appointment for you to see someone else that can help you

If you find that your problems seem to be unresolved after seeking help, **don't give up**. Keep trying. You'll find someone who can support you and let you know that you are not alone.

There's no problem **#TooBigOrTooSmall** to ask for help.
Check out: "[How to overcome obstacles when reaching out](#)" ➔

Not everything
that weighs you
down is yours to
carry alone.



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