HOW TO ASK FOR HELP

created by Lindsay Fleming, LPC

Here are 6 steps on how to ask for help

Many of you ask me how to bring up wanting help to your parents. Asking for help can be intimidating and overwhelming. I hope these tips help you feel more comfortable and confident in asking for help.

Deciding you want help - We are often taught that we need to be in crisis to ask for help. This is FALSE!The sooner you get help the better. So whether you feel that you are in crisis or you are just starting to feel "off" it is always a good time to ask for help.

Plan it out - If you are anything like me you can go in so prepared to have a conversation and then boom. The anxiety hits and the mind goes blank. If this happens to you or not, it is always helpful to plan out asking for help.

1 - Think of who you want to ask (make sure they are a safe adult)

2 - Decide if you need support during or after. I find it helpful to let my sister know when I'm going to tell my parents something hard so she can be there to support me after!

3 - Decide what you want to say. You can keep it vague or as detailed as you want.."____ I need help. I have been feeling ____(off, depressed, etc.) lately and I wish I could talk to you about it or figure it out on my own but I can't. I am not sure what I am feeling and/or why. I think a therapist could really help me."

4 - Think about how you want to tell them. You do not have to talk to them in person. The most important thing is getting the words out! It doesn't have to be perfect! You can write them a letter, text/call them, ask to talk later, during a car ride/walk, or anyway you want!

5 - GO FOR IT! Your safety is priority so as long as you feel safe telling your guardian the time is now! The longer we wait often the more anxious we can become. So remember we all need help and true strength is in asking for it because YOU deserve to feel better :)

6 - Follow-up - Sometimes guardians can become defensive or emotional when hearing their child ask for help. Remind yourself that often give them space and time and then remember to keep using your voice and advocating for yourself.

If your guardian refuses to get you help please see if your school has services. if there is a community health/center near you, and/or you can call hotlines.
Suicide Hotline 800-273-8255

@LINDSAY.FLEMINGLPC

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