BELIEVE you MATTER

How to Ask for Help (Even When It's Hard)

Asking for help doesn't mean you're weak. It means you're strong enough to advocate for yourself. Whether you're feeling overwhelmed, sad or just not like yourself, reaching out is a powerful first step.

Start with someone you trust

Everyone needs help sometimes. It's not weird to talk about how you feel. Think about who you can turn to.

- A friend who listens and cares
- A parent/guardian or older sibling
- A teacher, school counselor, school social worker or coach
- A faith leader or mentor in your community

How to prepare for the conversation

Having a plan can make the chat less stressful or awkward.

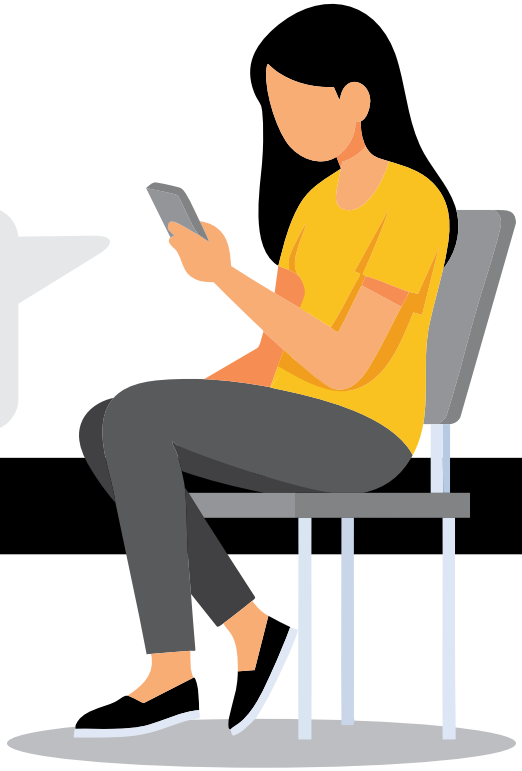
- Pick a quiet time or place.
- Decide if you want to talk, text or write it down on paper.
- Think of one thing you want the other person to know.
- You don't have to explain everything. You can start with:

"I'm having a hard time, and I don't know what to do."

"I've been feeling really sad, but I don't know why."

"Can we talk? I've been feeling really down."

"I need help but I'm not sure where to start."



When you ask for help, you can expect

- To be listened to and taken seriously.
- To get connected to support.
- To start feeling safer.

Need help right now?

TEXT, CALL, CHAT

988

Text, call or chat 988 anytime for free, confidential help. Counselors are caring, trained and available to talk in English, Spanish and other languages.

You matter. Help is here.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT