

# Reaching Out for Help

Sometimes in your life, you will experience new feelings that are very uncomfortable. When these feelings last for a long time and you are worried about dealing with them on your own, it is okay to reach out for help.

## **When to reach out:**

When these feelings start to affect you every day and prevent you from doing your normal activities, it may be time to reach out for help. New feelings can be scary, but you don't have to suffer on your own. Other youth your age are feeling this way too.

## **Are you feeling low?**

You might be feeling sad right now or have less energy than usual. Maybe you feel really nervous about what is happening in the world. These feelings are valid.

## **Have you been feeling alone?**

Right now, you can't see your friends that you usually see every day at school. This is really hard and can make you feel lonely.

Talking to someone about how you are feeling might help.

## **Are you losing hope that you will feel better again?**

Usually when we have a bad day, we know that the next day could be better. We all have bad days sometimes. If you start thinking that every day will be bad, it may be time to reach out.

## **Tips for talking about your not-so-comfortable feelings:**

*List of feelings:*

Sad	Lonely	Confused
Scared	Uncomfortable	Nervous
Gloomy	Unloved	Hopeless
Anxious	Overwhelmed	Mistreated
Guilty	Annoyed	Angry
Embarrassed	Alone	Worried

### Questions you could ask:

Hey, I'm feeling \_\_\_\_\_ right now, could I talk to you about it?

Is feeling \_\_\_\_\_ a lot of the time normal?

I think I need help but I'm worried about what others will think about me. Can I trust you to listen without judgment?

I'm ready to reach out for help, who do you think I should talk to?

### Conversation prompts:

I've noticed that lately I've been feeling \_\_\_\_\_.

I have been feeling \_\_\_\_\_ because \_\_\_\_\_. OR I have been feeling \_\_\_\_\_ and I don't know why.

### Who to reach out to:

1. Someone you trust: Think about who you feel comfortable sharing your feelings with. This could be a parent, an older sibling, an aunt, or a grandparent. It could also be one of your close friends. Ask them if you could talk to them about your worries. Even though it is good to talk about it, sometimes these people won't know how to help you. Don't worry, there are other options.
2. Kids Help Phone is a great resource. You can talk to someone by
  - a. Texting: Text CONNECT to 686868
  - b. Phoning: A counsellor is available 24/7 at 1-800-668-6868.
  - c. Chatting on their website: <https://kidshelpphone.ca/live-chat/> (Currently unavailable)
3. If you feel you are in danger, call 911.
4. Youth in BC:
  - a. Chat online from noon till 1am: <https://youthinbc.com/>
5. Find a counsellor or psychologist that is right for you at Psychology Today's website
  - a. [https://www.psychologytoday.com/ca?tr=Hdr\\_Brand](https://www.psychologytoday.com/ca?tr=Hdr_Brand)
6. Make an appointment with your doctor and they will help you.