



Help-Seeking

Think about how can talk to a trusted adult, ask for help and respond if you are challenged. How can you talk to a friend who you are concerned about?

Pretend you are going to talk to your _____, one of your trusted adults, because you've been feeling sad and very unmotivated lately. What can you say to them to explain your feelings and what you need from them?

Now, imagine the trusted adult says to you, "Everyone feels down sometimes. You seem totally fine to me." What can you say so that they better understand how you are feeling and what you need from them.

Let's imagine that you are worried about a friend who seems down, is not wanting to hang out as much as they used to, and just seems "off". What can you say to them?

If your friend mentioned hurting themselves, what should be your next step?



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Sometimes people feel ashamed or nervous to ask for help or to say something to a friend they might be worried about. Here are some suggestions.

How do you ask for help?

Find a Trusted Adult & say to them

How you **Feel**

What you've **Tried**

What they can do to **Help**

I've been feeling really down lately.

I know there are things I can do to feel better. I've tried hanging out with my friends and even tried yoga. I am still feeling sad.

I think I may need to speak with someone. Could you help me find a mental health professional?

How do you help a friend?

Say to them:

I've **Noticed** changes in you.

I **Care** for you.

How can I **Help** you?

If a friend ever mentions hurting themselves, you need to tell an adult immediately!

I notice you have not been able to focus in class, you seem tired all the time and you have even lost weight. In general, you seem down.

This isn't like you. I care about you and I want to help.

I think we should talk to your dad about this.

If you need to speak with someone immediately, please text or call 988

If this is an emergency, please call 911.