



Digital Wellness

Finding Support

TIPS AND TRICKS

Sometimes it can be hard to ask for help when we need it most. Here are a few tips for reaching out:

First think about the following questions:

- 1 Is there something you could use some help on in your life?
- 2 Have you talked with anyone about it?
- 3 Who are the people around you that you can ask? (i.e., parents, teacher, older sibling, counselor at school, etc.)

Sometimes it's easiest to start by writing down our thoughts.

- 1 Take a minute to write a note to that person or create an outline of what you might say when you see them.
- 2 Next step is to give them the note (or share a message through social media, email or text) or find time to talk in person.
- 3 If you plan to do this later, set a date for yourself.
- 4 After you connect and get support, remember the gratitude post from above. :-)

SOURCE Derived from inspirED activity: <https://inspired.fb.com/activities/asking-for-help/>

BONUS ACTIVITIES Getting help from your parents: <https://inspired.fb.com/teen-activities/getting-support-from-your-parents/>