









A problem **shared** is a problem **halved**

Don't struggle with problems on your own. People who care about you will want to help you.

Most of us feel like we can't cope with things at some time in our lives and many of us don't like to ask for help when we feel like this. It takes courage to ask for help, but often we feel better just talking about a problem.

Problem	List two useful sources of help	Why would you use this source of help?
You are really stressed about a big fight you had on the weekend with your boyfriend/girlfriend/best friend.	Your Mum/Dad	They know me well and love me and it will help them understand why I am looking so sad.
	Your older sister/brother	They have had big fights with their boyfriend/girlfriend before and might know how I am feeling and be able to tell me what to do.
Some friends you have invited over for a party are bringing alcohol and your parents have said it's not allowed. You're feeling worried.		
		
You are worried about a friend who seems to smoke cannabis every day. He is missing school and always wants to borrow money from you.		
		

Tips about asking for help

Think about who would be the best person to talk to. You may need to ask different people for help for different problems.

Choose a good time and place to chat. Walking and talking is sometimes easier.

Explain how you feel and what help you would like.

Helplines and chat forums might help if you don't feel OK with asking for help face to face.



Think about when you had a problem and asked someone for help. How did you feel? How did you start the conversation? How did you know they were listening?



What are two things you would do if someone came to you for help?

1

2