

How to Ask for Help



Connect with Kids Help Phone.
They are available 24/7!
Text the word "CONNECT" to:
686868
Phone: 1-800-668-6868



There is **ALWAYS** someone who wants to help.

Go to a place where it is comfortable for you to speak. Find a friend or someone trustworthy who can give support or comfort.

Prepare what you would like to talk about. This helps you become less nervous when discussing your thoughts and feelings!

Practice writing your feelings out on paper or typing it on your device, if you have a hard time talking about your feelings.

Do **NOT** feel embarrassed by what you are going through!
You are stronger than you think!

Keep trying until you find someone or a solution to the issues you're struggling with. **Perseverance is key!**

Sometimes you may not feel comfortable speaking to family members or friends because the struggle may involve them.

Remember teachers and other caring adults like Kids Help Phone are there to support you too.

If there is a certain adult you feel comfortable speaking with, remember they are there to **LISTEN** and **SUPPORT** you!



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