REACHING OUT FOR SUPPORT

WELLNESS FOR ADOLESCENTS & TEENS
NEXTGEN COUNSELING

Why Asking for Help Matters:

- You Deserve to Feel Better: Substance use can take a toll on your mental and physical health, and it's easy to feel stuck. By asking for help, you're taking control of your future and your well-being.
- Help is Available: Many people don't know where to start, but help is available in different forms–from talking to a friend to professional counseling.

How can I reach out?

Reaching out for support can feel overwhelming, but it's an essential step toward healing and recovery. You don't have to go through this alone–help comes in many forms, and there's no "right" way to ask for it. Whether you're comfortable opening up to someone close to you or prefer seeking help from professionals or online resources, there are options that can fit your needs. The important thing is to take that first step, no matter how small. Below are some ways you can begin reaching out and finding the support you deserve.

Talk to Someone You Trust

Find a family member, friend, teacher, or coach who you feel comfortable with.

Opening up about what you're going through can feel relieving, and they might offer you advice or help you find resources.

Reach Out to Professionals

Mental health professionals, like counselors or therapists, have experience helping people who are dealing with substance issues.

Talking to them is usually private and confidential, which means they won't share your information without your permission.

Use Online Resources and Helplines

Many websites, like NexGen Counseling, provide information and resources. You can also text or call helplines that let you talk to someone anonymously.

This can be a great option if you're not ready for a face-to-face conversation yet.

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What should I expect when I reach out?

- Support, Not Judgment – People who offer help are there to support you, not to judge or criticize. They understand that substance use can affect anyone, regardless of background or circumstances. Their role is to listen, provide guidance, and help you feel understood. You don't have to fear being shamed or blamed–those who care about you are focused on helping you move forward in a positive way.
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- A Safe Space to Share – Whether you choose to open up to a trusted friend, family member, or professional, the goal is to create a space where you feel comfortable expressing your thoughts and emotions. This space is free from blame or pressure, allowing you to speak openly without fear of judgment. It's okay to feel vulnerable–sharing your feelings can be a powerful first step in feeling less alone and more supported.

- Small Steps, Big Progress – Seeking help doesn't mean you have to fix everything all at once. Recovery is a process, and even small, manageable changes can lead to meaningful progress over time. Focus on one step at a time–whether it's reaching out, attending a support group, or setting a small goal. Every effort you make is a sign of strength and a step toward a healthier, happier future.

Remember

Asking for help is a sign of strength, not weakness. It takes courage to recognize when you need support and take steps toward change. You're not alone–there are people and resources ready to guide and support you. Reaching out is an act of self-care and a powerful step toward a healthier, more positive future.

NEXTGEN COUNSELING

1332 MAIN ST
DICKSON CITY, PA 18519
570-397-0285
PATEENSRECOVER.COM

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