

How to Ask for Help

When you don't know what to say

A teen-friendly guide to reaching out when things feel messy, scary, or too big.

Brave conversations lead to brighter days

YOU ARE NOT ALONE

1 Who you can ask

There are many people who care and want to help.



Parent

A mom, dad or parent figure at home.



Caregiver

A trusted adult who helps take care of you (like a grandparent, aunt, uncle or guardian).



Sibling

A brother, sister or older sibling.



Friend

A close friend who listens and cares.



Teacher

A teacher you feel comfortable with.



School counsellor

Your school counsellor is there to support you.



Coach

A coach, mentor or activity leader.



Doctor

A family doctor, nurse or other healthcare professional.



Helpline

A trained person you can talk to, anytime (like Kids Help Phone).

There are people in your corner.



3 If talking is hard

There are other ways to reach out.



Text

Send a simple text like "Can we talk?" or "I need support."



Email

Write a short email. You don't have to explain everything.



Hand over a note

You can write it down if that feels easier.



Show this sheet

You can show this handout to someone if it's easier than talking.



Sit together quietly

You can ask to just sit with someone at first. You don't have to say everything right away.

Different ways, same courage. Reaching out still counts.

Take small steps.



6 Helpful reminder

"You do not need the perfect words to deserve support."

Your feelings are valid. Your voice matters. You are enough. Help is a brave step forward.

2 What you can actually say

It can be hard to find the right words. Here are some simple things you can say (or use as a starting point).

"I'm not doing great and I need help."

"Can I talk to you about something?"

"I don't know how to explain it but I'm struggling."

"I've been feeling really off lately."

"Can you help me figure out what to do?"

"I don't want to do this alone."

You can keep it short and simple. What matters most is that you reach out.

It's okay if your words feel messy. They still matter.



4 What if I am scared I'll be a burden?

It's a common worry, but here's the truth:



Support is what trusted adults are for.

The people who care about you want to know how you're doing. They would rather you tell them than struggle alone.



Asking for help is a strong move.

It takes courage to be honest about what you're feeling. It shows self-awareness, strength and bravery — not weakness.

You are not a burden. You are a person who matters.

5 If it is urgent

Your safety matters most.



- If you might hurt yourself
- If someone is hurting you
- If you feel unsafe (at home, school or anywhere)

Tell an adult right away.

Keep telling until someone helps.

You deserve to be safe. Reach out. Keep going. Help is out there.

SAME YOU. BRIGHTER THINGS AHEAD.

