

How to Ask for Help

Asking for help isn't easy. In fact, it is often one of the bravest things we can do. If you're struggling, if you've got a problem you feel you can't trust anyone else with, or if you're in an unsafe situation, **asking for help** is the right thing to do.

Here are some tips to think about if you're having a hard time asking for the help that you need:

- Trust yourself and your experiences, you know yourself best.
- Talk to someone you trust, someone you know will listen, like a teacher, guidance counsellor or other trusted adult.
- Your problems are real and you deserve support. No problem is too small or too big.
- Don't be afraid to ask for help - we all need help sometimes.

Before you reach out for help, you should consider the following:

- Are you actively in crisis right now? If you are at risk of harm, call 911.
- Do you need confidential support? While most services will respect confidentiality, you should know that if you are at risk of harming yourself or others, or if you know of a child in harm's way, service providers have a duty to report.

Where to go for help:

General Support

- For most issues, if you're not in crisis, you can try speaking with a trusted adult, like a parent, teacher, guidance counsellor or someone in a similar role. At the very least, they can help you get connected to local services and supports.
- If you need someone confidential to speak with, or a counsellor for when you're having a hard time, Kids Help Phone is the place to go. They can be there when you need them, and help you find other services to access [kidshelpphone.ca](https://www.kidshelpphone.ca)



Teen Dating Violence

If you need access to services in your area:

- The Ending Violence Association of Canada has a list of useful resources. endingviolencecanada.org/getting-help-2
- You can also see services at this link youthdatingviolence.prevnet.ca/home/need-help-now

Support for 2SLGBTQ+ Youth

- LGBT Youthline provides confidential and anonymous support to 2SLGBTQ+ youth through a phone, text and online chat services, by and for 2SLGBTQ+ youth. www.youthline.ca



Indigenous Youth Sexual Health

- The Native Youth Sexual Health Network (NYSHN) provides services by and for Indigenous youth on issues of sexual and reproductive rights. www.nativeyouthsexualhealth.com

Housing and Homelessness

- Women and children can use ShelterSafe to find emergency shelters. sheltersafe.ca



This resource was created by the PREVNet National Youth Advisory Committee on Youth Dating Violence. For more information and additional resources, please visit youthdatingviolence.prevnet.ca/learn-more/everyone/