

How to Ask for Help

Asking for help 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.**

If you're having a hard time asking for help:

- Trust yourself and your experiences, you know yourself best.
- Talk to someone you trust, 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, consider the following:

- Are you actively in crisis right now? **If you are at risk of harm, call 911.**
- While most services will respect confidentiality, if you are at risk of harming yourself or others, service providers have a duty to report.

General Support

- For most issues, 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



Youth Dating Violence

If you need access to services in your area:

- endingviolencecanada.org/getting-help-2
- youthdatingviolence.prevnet.ca/home/need-help-now

2SLGBTQ+ Support

- www.youthline.ca

Indigenous Youth Sexual Health

- www.nativeyouthsexualhealth.com

Housing and Homelessness

- www.sheltersafe.ca



Created by the PREVNet National Youth Advisory Committee on Youth Dating Violence. For more information and resources, scan the QR code visit youthdatingviolence.prevnet.ca/poster

