

## Asking for help

*It's important to identify a safe person to share your self-harming struggles with.*

### WHO?

*Help identifying who is a safe person in your life*

- Teachers, Counselors, Principals
- Safe family member, grandparent, aunt/uncle
- Babysitter, guardian, trusted family friend
- Friend
- Therapist
- Online support group



### When?

*Help identifying when you should reach out*

- Struggling to get out of bed
- Struggling to enjoy favorite activities
- Lack of motivation
- Decreased energy
- Change in desire to partake in: day to day and social activities
- Reduced self-care and daily functioning

Asking for help is one of the strongest, most supportive choices you can make. While self-harm is a heavy, not easy to talk about topic, here are some tips to make asking for help easier.

### How?

**With adults inside & outside of the home:**

"I want to share that I've been struggling with self-harming behaviors.

It started when \_\_\_\_\_, and I've noticed that when \_\_\_\_\_ happens, it often triggers me.

I'd like to talk to you about this and ask for your support."

**With a therapist or counselor:**

"I've been struggling with self-harming behaviors.

It started \_\_\_\_\_,

and it began after \_\_\_\_\_.

I've engaged in these behaviors \_\_\_\_\_ times."

**With friends or peers:**

"Are you available for me to share a personal struggle I've been dealing with alone? I could really use a safe, judgment-free space to talk, and I feel comfortable with you. I've been engaging in self-harming behaviors — it started around \_\_\_\_\_,

and I've done it \_\_\_\_\_ times.

Would you be open to being someone I can check in with when I feel the urge? Maybe even an accountability buddy when I'm having a hard time?"

**It's okay to say:**

"I'm ready for help and want to start healing."

"I'm not ready for help, but I'm ready to talk about it."

"I'm not ready to talk or ask for help yet, but I want to find a safe person I can turn to when I am."

