

# REACHING OUT FOR HELP

Sometimes in your life, you will experience new feelings that are very uncomfortable. When these feelings last for a long time and you are worried about dealing with them on your own, it is okay to reach out for help.

## When to Reach Out:

When these feelings start to affect you every day and prevent you from doing your normal activities, it may be time to reach out for help. New feelings can be scary, but you don't have to suffer on your own. Other youth your age are feeling this way too.

## Are You Feeling Low?

You might be feeling sad right now or have less energy than usual. The things you used to enjoy might seem less interesting. These feelings are completely normal.

## Have You Been Feeling Alone?

Living in a rural community can be isolating. It can be harder to make time to see friends outside of school if you live far away from one another. Reaching out to friends online or over the phone might help.

## Are You Losing Hope that You Will Feel Better Again?

Usually when we have a bad day, we know that the next day could be better. We all have bad days sometimes. If you start thinking that every day will be bad, it may be time to reach out.



# Tips for talking about your not-so-comfortable feelings

## Expand Your Emotional Vocabulary

Using and understanding a large vocabulary of descriptive emotional words can help you to more easily identify and explain your feelings to others!

<i>List of feelings:</i>		
<b>Sad</b>	<b>Isolated</b>	<b>Confused</b>
<b>Scared</b>	<b>Uncomfortable</b>	<b>Nervous</b>
<b>Gloomy</b>	<b>Unloved</b>	<b>Hopeless</b>
<b>Anxious</b>	<b>Overwhelmed</b>	<b>Mistreated</b>
<b>Guilty</b>	<b>Annoyed</b>	<b>Angry</b>
<b>Embarrassed</b>	<b>Alone</b>	<b>Worried</b>

## Conversation prompts:

- I've noticed that lately I've been feeling \_\_\_\_\_.
- I have been feeling \_\_\_\_\_ because \_\_\_\_\_.
- I have been feeling \_\_\_\_\_ and I don't know why.

## Questions you could ask (fill in the blank with how you're feeling):

- Hey, I'm feeling \_\_\_\_\_ right now, could I talk to you about it?
- Is feeling \_\_\_\_\_ a lot of the time normal?
- I think I need help but I'm worried about what others will think about me. Can I trust you to listen without judgment?
- I'm ready to reach out for help, who do you think I should talk to?



# Who to reach out to:

- 1. Someone you trust:** think about who you feel comfortable sharing your feelings with. This could be a parent, an older sibling, an aunt, or a grandparent. It could also be one of your close friends. Ask them if you could talk to them about your worries. Even though it is good to talk about it, sometimes these people won't know how to help you. Don't worry, there are other options.
- 2. The Teen Mental Health website:** can provide you with more insight about mental health: <https://teenmentalhealth.org/>
- 3. Kids Help Phone:** is a great resource. You can talk to someone by
  - Texting: Text CONNECT to 686868
  - Phoning: A counsellor is available 24/7 at 1-800-668-6868.
- 4. If you feel you are in danger:** call 911.
- 5. Youth in BC:**
  - Chat online from noon till 1am: <https://youthinbc.com/>
- 6. Find a counsellor or psychologist:** through one of these telemental health agencies.
  - Psychology Today: [www.psychologytoday.com/ca?tr=Hdr\\_Brand](http://www.psychologytoday.com/ca?tr=Hdr_Brand),
  - Better help: <https://www.betterhelp.com/>
- 7. If you're part of an Indigenous community, this is a resource designed to support Indigenous folks:**
  - First Nations & Inuit Hope for Wellness Line: Call 1-855-242-3310
- 8. Make an appointment with your doctor:** and they will help you.

