

## HOW TO ASK FOR HELP

When you're experiencing a mental health challenge, here is how you can reach out!

Reflect and recognize the amount of courage it takes to have this conversation in a world full of stigma. Be proud of yourself for taking this step!

### WHO TO REACH OUT TO

Make a list of the people you're considering! Include the people you feel closest to (parents, guardians, siblings, friends, teachers, partners, etc.). This list could also include hotlines, warmlines, and professionals like therapists or counselors.

### HOW TO REACH OUT

Some of the phrases you can say, when reaching out for help include:

- I'm struggling with my mental health, and all the coping skills I know aren't working. Can you help me figure out what to do next?
- I'm going through a tough time and I feel like you're someone I can trust. Are you free to talk *[insert day and time]*?
- I'm going through a stressful time. Can you check in with me on *[dates or days]* just to make sure I'm alright?
- I'm having a hard time taking care of myself. I need extra support around *[insert task]*. Can you help me out?
- I'm not feeling like myself these days. I want to learn some strategies so I can start feeling better. Can you help me with that?
- I'm having a rough day or night, but I'm not ready to talk about it. Can you help distract me by *[insert activity]*?
- I don't want to be alone right now. Can you stay on the phone with me or come over until I calm down?
- I am feeling *[depressed, anxious, suicidal, etc.]*. I'm not sure what to ask for, but I need some help deciding what to do next.

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# HOW TO:

1. Print the first and second page double sided, or glue both pages together
2. Cut along the lines
3. You're done! Pass out your resource cards and start the conversation about mental health in your community

## OTHER RESOURCES

You can access the Hope For The Day® Resource Compass at [HFTD.ORG/find-help](https://www.hftd.org/find-help). The Resource Compass is a tool that allows us to search any US Zip Code for a variety of social services in the area, including free & sliding-scale resources for mental health.



You can also access any of these lifelines! Many of them are 24 hours, including the National Suicide Prevention Lifeline and the Crisis Text Line—where you can text with a trained crisis counselor.

### 988 SUICIDE AND CRISIS LIFELINE

CALL OR TEXT: 988

### NATIONAL SEXUAL ASSAULT HOTLINE

(800) 656-HOPE(4673)

### CRISIS TEXT LINE

TEXT “ITSOK” TO 741741

### TRANS LIFELINE

(877) 565-8860

### NATIONAL MATERNAL MENTAL HEALTH HOTLINE

CALL OR TEXT: (833) TLC-MAMA (852-6262)

### FOR VETERANS

CALL: 988 (PRESS 1)  
TEXT: 838255

### THE TREVOR PROJECT FOR LGBTQ YOUTH

(866) 488-7386



Hope for the Day® (H.F.T.D.) is a non-profit movement empowering the conversation on proactive suicide prevention and mental health education.



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FOR MORE RESOURCES, VISIT [HFTD.ORG](https://www.hftd.org)

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