

Ask for help

for yourself or sound the alarm for others

1. Define and Assess my problem

The first stage before asking for help is to define your problem. Asking yourself these questions:

- Why am I feeling like that?
- When am I feeling like that?
- Who is responsible for those feelings?



After defining it, you can assess it.

- Is it a serious problem, or am I exaggerating?
- Did I ever feel like this before?
- Do I feel like this every day?

2. When should I seek help?

You might want to seek help if you're:

- worrying more than usual
- finding it hard to enjoy your life
- having thoughts and feelings that are difficult to cope with, which have an impact on your day-to-day life
- interested in finding more support or treatment.



3. To whom should I ask for help?

Depends on the problem and how difficult it is to solve it. There's no wrong – different things work for different people at different times.

- Your doctor
- A trained therapist
- Friends and family
- Organizations (helplines and listening services)
- Peer support
- Community support services
- Workplace support



4. How to ask for help without feeling guilty or weak?

Whether you have problems with your work, family or mental issues; asking for help from your social environment can be helpful and salvatory. If you feel shy to ask for help, you can ask someone you trust to help you find the appropriate help. Or you can join group therapy sessions which can help you with the feeling of guilt or shame.

- Be genuine and ask in your way
- Allow others to help you with ease
- Be a role model and help others
- Ask for what you need, not what you want
- Do it right now because your situation can change.
- Be honest about how much time they can give you
- Use "I" statements and be direct
- Create a new habit of asking
- Remember that you matter to the people who love you
- Change your expectations and mindset

