

# BARE.

## Reaching out for help.

The 'Reaching Out for Help' worksheet can be a gentle guide to help grieving children communicate their need for support. The worksheet begins with a comforting note that reminds the child that asking for help is normal and important. It then includes three sections where the child can write or draw what they need from different people in their lives.

The worksheet's goal is to make the child comfortable in asking for help from others. By completing this, children take an important step toward feeling more connected and cared for as they navigate their grief.

The worksheet can be printed out. If you don't have access to a printer, you can instead write these prompts out in any notebook or piece of paper.

### **Important disclaimer**

This worksheet is not a substitute for professional medical or psychological help. If a child you support is struggling with their grief and/or have concerns about their mental health please seek support from a professional.

For 24/7 crisis support, you can visit [lifeline.org.au](https://lifeline.org.au) or call 13 11 14

# Reaching out for help.

When you're feeling sad, it's okay to ask for help from the people who care about you. What do you need most right now? You can write or draw your answers below.

