

# A **five-step plan** for getting the help I need

We all need a little extra support sometimes.

When we're feeling down, it can be hard to know where to start when it comes to getting help.

Following this five-step plan can help you work out where to start.

Find a quiet space and take a moment to answer the prompts below. You may want to ask a trusted friend or family member to help.

**Step one: Who are you going to talk to about how you're feeling?**

**Step two: What are the problems you're facing? What are your fears?**

**Step three: What support do you need?**

**Step four: What would you like the outcome of getting help to be?**

**Step five: **Make it happen!****