

Asking for Help

Asking for help is a practical skill. You do not need to wait until you are at breaking point.

What am I trying to manage alone?

Why is asking for help difficult for me?

What am I worried people might think?

What evidence do I have that support could help?

Who feels safest to approach?

What exactly would I like help with?

A sentence I could use is...

My first step towards support is...