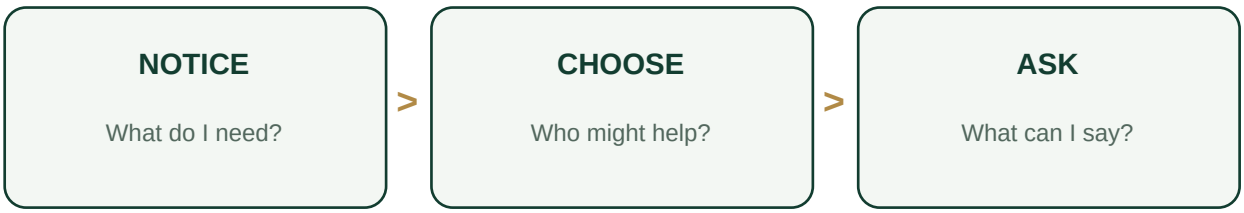
# Asking for Help

Finding the words, recognising your needs and reaching out without shame

Asking for help is a practical skill, not a sign of weakness. You might need emotional support, information, practical assistance or urgent help. You do not have to wait until you are overwhelmed to reach out.

It can be difficult to ask when you fear rejection, have been dismissed before, are used to coping alone, or find speaking difficult under pressure.

## A simple pathway to asking for help




Help can be a conversation, a specific practical task, an adjustment, or support from a professional.

## Inside this guide

1. Understanding why asking can feel difficult
2. Identifying what support I need
3. Choosing who to approach
4. Practising words and communication options
5. Making a realistic help-seeking plan

# Worksheet 1 | What Do I Need?

You do not need a perfect explanation. Start by noticing where things feel difficult and what kind of support would make a difference.

### The situation or responsibility I am struggling with

### What feels hardest right now?

### The kind of help that would be useful (emotional, practical, information or adjustments)

A specific request is often easier to answer than “I need help with everything.”

# Worksheet 2 | Who Could I Ask?

Think about people or services who may be safe, suitable and able to help. Different people can offer different kinds of support.

### A trusted person I could talk to

### Someone who could help with a practical task

### A professional, organisation or workplace contact

### If the first person cannot help, my next option

You can choose not to share personal information with someone who has not earned your trust.

# Worksheet 3 | Finding the Words

You can ask in person, by text, email, notes or through someone you trust. Short, direct requests are enough.

**Emotional support:** “I have been having a difficult time. Could you listen for a few minutes?”

**Practical help:** “Could you help me with this one task on Thursday?”

**Workplace adjustment:** “Written instructions would help me complete this more confidently.”

**When words are difficult:** “I cannot explain everything right now, but I need support.”

## The words I would feel comfortable using

## My preferred way to communicate

## What I would like the person to do next

# Worksheet 4 | My Asking-for-Help Plan

Make one manageable request. If the response is not helpful, that does not mean your needs are unimportant.

### The help I want to ask for

### Who I will contact and how

### When I might reach out

### What I will do if they are unavailable or say no

### How I can acknowledge my effort afterwards

### When support is urgent

If you are in immediate danger, call **999** or go to A&E. In England, NHS **111** offers urgent mental health support. Samaritans are available on **116 123** for emotional support.

You deserve to be heard. Asking for help can be one small step towards feeling less alone.