

Mental Health Matters Series – Topic Four



Asking for Help

MATTERS

Welcome to our fourth topic of the
Mental Health Matters Series:

Asking For Help



**Asking for help can
be hard for adults,
teens, and children**



**AND asking for help is
important**

**nobody should struggle
alone**



How can I encourage my child to ask for help?

- You can **model help-seeking behavior** by asking for help yourself (ask a neighbor for help, ask your partner for help, reach out to your student's teacher for help)
- **Check in frequently** with your child and ask what is feeling difficult or tricky for them
- **Work together** to explore options and help your child plan to ask for help from a trusted adult
- **Follow up** on these conversations frequently and **offer praise** when you notice your child asking for help



What does this sound like?

This seems to be feeling really tricky for you, I wonder how we could figure this out together

I noticed that you tried your hardest and also came to me to ask for help - thank you for trusting me to help you

I am worried you seem a bit off lately, is there someone other than a friend you feel like you could open up to



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