

HELP! How do I ask for help?!



who could i ask for help?

FRIENDS & FAMILY

TEACHERS & MENTORS

A GUIDANCE COUNSELOR

AN EMPLOYER

EVEN IF THEY CAN'T HELP, THEY MIGHT BE ABLE TO HELP YOU FIND SOMEONE WHO CAN!

it's important to ask for help because it'll help you to become more comfortable with it. once you're comfortable working with other people, you'll be able to look for assistance and avoid the possibility of burning yourself out.

once you've asked for help, you've also made a connection with someone else. you can use that connection later on again for help, or that person may even reach out to you for your support with something!

JOKE OF THE MONTH

What do you call a colorful heart that loves books? Grab a candy heart and tell us!

YOU & ME

TRUE LOVE

BE MINE

did you know that people are always looking to help someone out & find joy in it? sometimes we don't ask for help because we feel like we're bothering someone if we do. but they won't mind if you ask, so go ahead!