Make it your words

You can write, draw, point, or ask someone to help you talk.

I need help with...

I feel...

Can you help me...?

You can practice with a safe adult—or leave this blank.



You deserve to be heard.

You do not have to figure everything out alone.

My backup plan

First, I can ask: _____

If they cannot help: _____

A place I could ask: _____

I can show this pamphlet, too.

988 Suicide & Crisis Lifeline

Call or text 988 for support in a crisis. Immediate danger or medical emergency? Call 911.

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03 / KIDS / AGES 8–12

How to Ask for Help

You don't need perfect words to get started.



Your voice matters. So does what you need.

1 • FIND YOUR PERSON

Who feels safe to tell?

A trusted adult listens, takes you seriously, and helps you stay safe. This might be a relative, teacher, school counselor, nurse, coach, or family friend.

- ☐ They listen without making fun of me.
- ☐ They take my worries seriously.
- ☐ They help me find support.



Two adults I could try:

_____

_____

Not sure who to choose? Ask a teacher, school counselor, or nurse.

2 • START SMALL

A few words can open a door.

You can begin with one sentence. You do not have to tell the whole story at once.

"Something is bothering me. Can we talk?"

"I don't know how to explain it yet."

"Can you sit with me while I tell you?"

Say it | Write it | Show this pamphlet

My first words could be...

_____

_____

You can ask for a quieter place to talk.

3 • KEEP REACHING OUT

You can ask again.

If someone is busy, ask when they can listen. If they do not help, tell another trusted adult. You are not in trouble for asking.
You deserve help.



"I already asked someone. I still need help."

If someone is hurting you, threatening you, or asking you to keep an unsafe secret, tell a trusted adult. You can tell even if you were told not to.

If you are in danger right now, go to a safer place if you can and call 911 or ask someone to call.

One small step I could try:

○ Choose an adult ○ Practice a sentence ○ Write a note

_____

Circle one, add your own, or just think about it.

_____