

it's okay  
not to be  
okay

Kendrick School

Wellbeing

## Tips for Asking an Adult for Help

If you have a problem you can't fix on your own, it's a good idea to speak to an adult you trust (a 'trusted adult'). Telling someone you need help isn't always easy, but here is some advice to help you.

### HOW CAN TALKING TO AN ADULT HELP?

Talking about your problems to someone you trust means they can help you see things differently. They can give you new ideas about how to cope, or help you change things in your life that worry you. Once you tell someone, they can be there for you in the future too.

Putting things into words helps.

Sometimes it's just good to say what's on your mind. Talking to someone could make you feel like you don't have to deal with it on your own and make things feel more manageable.

### HOW TO START A CONVERSATION

Try these conversation starters....



I need some advice on something I'm stressed

This is hard for me to say, but I have something important to tell you.

I want to tell you something, but I don't know how.

OR YOU COULD WRITE A LETTER....

**WRITE A LETTER** Writing a letter or leaving a note can be a great way to start a conversation with someone you trust. Especially if telling someone in person seems difficult.

If you're thinking about sending a letter or message, it can help to:

- decide who you'll give it to and when.
- remember you don't need to say everything if you don't want to
- think about whether the letter might need to be shared, especially if someone's worried about your safety.
- be careful about saving it on a shared device.
- plan what you'd like to do next.

Writing things down isn't always easy. If you're not sure how or you're worried, you can always talk to a Childline counsellor for advice

### WHO SHOULD I TALK TO?

- A parent, carer or anyone else in your family
- Friend's parent or carer or neighbour
- A doctor or a religious leader

At school you could talk to your tutor, a teacher or a member of the Student Welfare Team. You could also speak to one of the counsellors or the school nurse. Speak to your tutor or the SWT who will arrange for this to happen. Or you can email [studentwelfare@kendrick.reading.sch.uk](mailto:studentwelfare@kendrick.reading.sch.uk) for help and advice

