

HOW TO ASK FOR HELP WHEN NEEDED



ACKNOWLEDGE THAT SEEKING HELP CAN BE DIFFICULT

It is normal and human to want to solve problems independently. Asking for help is not a sign of weakness, rather a demonstration of courage. Being vulnerable can be scary. Remind yourself that no one is perfect, nor an expert at everything.

DON'T WAIT UNTIL YOU REACH A "BREAKING POINT"

Watch out for signs that you may be starting to feel stressed, anxious, or overwhelmed. You may notice increased irritability, trouble accomplishing tasks, or lack of motivation. Reaching out early can prevent your concerns from escalating.

REACH OUT TO A FRIEND, LOVED ONE, OR HOTLINE

Talk to a trusted person or trained counselor/volunteer. Be open and honest about how you have been feeling and what you need help with. It may be useful to write down or think of some talking points ahead of time to organize your thoughts. Reach out to whomever you are most comfortable.



PRACTICE SAYING THAT YOU'RE NOT OKAY

You may not be ready to go into details, or even sure how to label the problem. You don't have to. Practice saying out loud to yourself "I'm not doing well," "I think I need help," or "It's okay to not be okay." Saying these things aloud can go a long way in reversing feelings of isolation and self-stigma.



WAKE TECH WELLNESS COUNSELING

Wake Tech offers free, short-term mental health counseling and referral services for students. We are currently meeting for virtual appointments. You can book an appointment online (wellness.waketech.edu) or by contacting wellness@waketech.edu

HELPFUL 24/7 CONTACTS

National Suicide Prevention Hotline: 800-273-8255
Hopeline NC: 919-231-4525
Wake Tech Student Assistance Program: 704-529-1428
Veteran's Crisis Line: 1-800-273-8255
Outer Banks Hotline: (252) 473-3366



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