

So many others...

If you look around your school, you'll find teachers, principals, counselors, librarians, tutors, coaches, social workers, and secretaries. All of these people are there to help you have the best school year possible.

Look for people in your school who support you, and who you feel comfortable talking to. Whether it's a teacher, counselor, coach, or cafeteria worker, find at least one adult in your school you can develop a bond with—and can talk to when you have a problem.

We all need to know that we have people "in our corner." And the more, the better!

The person who can help you the most...

The person who can help you the most with any problem, issue, or concern is a parent. If you're having a problem with a class, teacher, another student, or something else, tell a parent right away.

Start the conversation by letting your parent know what you need. Do you want advice, support, or just someone to listen?

If you don't feel you can talk to a parent, talk to another adult you trust.

Other Resources

Help is available everywhere. It can be a call, text, or click away.

- ▶ **Al-Anon.org** can connect you with resources if a parent or family member is an alcoholic.
- ▶ **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat online at suicidepreventionlifeline.org
- ▶ **Crisis Text Line:** Text "START" to 741741 or call 1-800-273-TALK
- ▶ **Anti-Violence Project:** Call 212-714-1141 or visit avp.org.
- ▶ **National Eating Disorders Association Helpline:** Text "NEDA" to 741-741 or call 1-800-931-2237
- ▶ **National Institute on Drug Abuse for Teens:** Call 1-800-662-HELP
- ▶ **iheartmob.org** can help you if you are being cyberbullied.
- ▶ **Activeminds.org** can help you connect with a mental health professional in your area.

If you're struggling with something, no matter what it is, you don't have to go through it alone. There is always someone to help.

Reaching Out for Help

Tips, advice, and encouragement to get the help you need



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Academic Help

Your Counselor



Reaching Out for Help

- ▶ Are you worried about your grades?
- ▶ Do you sometimes need help, but are too shy or afraid to ask for it?
- ▶ Do you need help figuring out what to do after you graduate, or need help with a personal problem?

If you answered "Yes" to any of the above, now is the time to get the help you need.

There are many people in your life who want to see you succeed, but ultimately, your success is your responsibility. It's up to you to reach out for help when you need it.

Asking for help isn't a sign of weakness; it's a sign of maturity and a desire to succeed.

"You are never so strong that you don't need help." Cesar Chavez

If you're struggling in a class, your teacher should be your first point of contact.

Talk to your teacher

Teachers usually know if you're having trouble in their class, but they may or may not approach you to see what's going on, or to offer extra help. Asking for help is your responsibility.

If you're struggling in a class, talk to your teacher before or after class to schedule a time to meet—and tell your teacher what you want to talk about (e.g., go over the results of a test, ask for help with an assignment, inquire about earning extra credit).



If you are struggling and feel you need a tutor, ask your teacher for advice on how you can get some extra help. Perhaps there is a teacher or another student who can tutor you after school or during a study hall. The important thing is to not wait. Ask for help at the earliest sign you need it.

If you need help with a specific task, such as how to solve a math problem or make a PowerPoint presentation, there's often a YouTube video that can provide you with the information you need.

Your school counselor is there to help you succeed both in and out of the classroom.

School counselors are very busy and often don't have time to just check in with their students to see how they're doing. This is why it's so important for you to let your counselor know when you need help, want information, or just need someone to listen.

Here are just some of the reasons you may want to make an appointment to see your counselor:

- ▶ you need help deciding which classes to take.
- ▶ you're being bullied or harassed in school or online.
- ▶ you're having a problem with friends, a boyfriend or girlfriend.
- ▶ you are struggling in one or more of your classes.
- ▶ you need help figuring out what to do after you graduate.
- ▶ you have questions about college.
- ▶ you are dealing with something that's making it difficult to succeed in your classes (e.g., drugs or alcohol, a pregnancy, anxiety, a health concern, stress, problems at home).



Have a question? Need information? Have a concern or problem? Reach out to your counselor!