A letter to my Future Self…

Date: / /

Dear Me,

Some considerations when choosing a person or people to ask for help…

Are they trustworthy?

Do I trust them to have my best interests in mind?

Have I been able to trust them with things in the past- have they been there for you in the past?

Are they kind, do they show compassion?

Do they respect my boundaries?

Has this person confided in you before?

Assistance is available outside your personal circle of family and friends…a few things to think about…

Is it a professional service where the person is trained to help me and where the information I share is confidential such as Kids Helpline or Lifeline other Hotlines, centres, or counselling?

***And a reminder, if I choose to ask a person for help and I feel like they don’t hear me or understand me I won’t give up and will try again even if it’s hard to do.***

***I know there are people who will understand, who will listen and who will be able to help me!***

Is it time to ask for help or does it feel like everything is going well?

[ ]  I feel on track

[ ]  Some ups and downs (more ups than downs)

[ ]  Some ups and downs (more downs than ups)

[ ]  Feel like I can deal with things independently

[ ]  I’ve confided in friends/ people I trust and am getting their advice

[ ]  Time to ask for help from other people or services such as Kids Helpline or Lifeline or a specific Hotline number as found here: <https://safetybagtags.org.au/call-webchat-write/> (Hit Ctrl plus Click to follow to this website, or copy and paste into your browser), for many numbers you can call to talk about anything that is on your mind that you may be concerned about.