

# How to ask for help

## when going through a difficult time

Turning to someone for support can help when you struggle with life's challenges. There may be someone you can turn to in your life who will listen to and support you. Here are a few things you can say to start the conversation.

“ I've been feeling pretty low lately. I think I could really use your help. ”

“ I haven't been feeling my best lately. Can we have lunch this week to talk about it? ”

“ I've had some things on my mind. Is there a good time to call you today? ”

“ Some days, I feel like I can't even get out of bed. ”

# Tips to remember when starting the conversation

1

## Get comfortable asking for help.

Be direct and let them know that you need their support.

2

## Give concrete examples.

Use detailed examples to talk about how you've been feeling. Specifics will help the listener understand your experience and connect with your journey.

Visit **TurnToSupportsTX.org** for more resources and ways to find help.

**Sources:** UT Austin, Health Communication, Personality and Social Psychology Bulletin, Frontiers in Psychology, Communication Monographs



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