

# WE ALL HAVE MENTAL HEALTH



## Ask For Help

Asking for help with you need it can help decrease our stress and help us learn new things.

Think about a time when you helped someone else.

- What did you do for them?
- How did it make you feel to help?
- What might the benefits be to YOU, if you asked for help when you needed it?

Self-Care Tip: Asking for help is a HEALTHY PROBLEM SOLVING skill that can be used to respond to challenges and stress in a productive way.