

# Help to talk to someone

Reasons I should reach out	Things stopping me from reaching out

If the reasons stopping you from reaching out outweigh the reasons you should, then visit our reaching out page to help you overcome these barriers.

[www.hpftcamhs.nhs.uk/young-people/reaching-out-for-help/](http://www.hpftcamhs.nhs.uk/young-people/reaching-out-for-help/)

If the reasons for reaching out outweigh the things stopping you then it is time for you to reach out to someone. If you are nervous about doing this then fill in the questions below and hand this to someone you trust to start a conversation.

What feeling's am I struggling to cope with?

What am I worried about?

How long have I been feeling like this?

Who might be able to help me?

What might help to make me feel better?