

Who I can turn to for help

We all experience problems in our lives and often need help from others to solve or deal with them. Yet, we do not always ask for it. Whether it's wanting to handle them ourselves¹, worrying what people will think if we tell them about our problems or that we're struggling², we easily find reasons to not ask for help.

The old saying "a problem shared is a problem halved" is more than just a phrase – asking for help from others can make us feel better. Sharing a problem can provide us with a sense of relief, feel happier and even help the problem go away³.

This activity aims to help you identify the different people you can turn to when you experience different types of problems. It may be that the same person or people can help you with all the types of problems listed below, or you may go to different people for different issues. It doesn't matter how many people you write down, what matters is that you feel safe sharing these problems with them. If you don't think you can share certain problems with anyone you currently know, why not look up different organisations that could help you?

Answer the questions below and keep this list as a reminder of who you can turn to for help when you need it.

Who can I go to for help with a practical problem?

E.g. changing a lightbulb, lifting something heavy



¹ Motjabai et al., 2011

² Savage et al., 2016

³ Age UK, 2012

**Who can help me
with questions I
don't know the
answer to?**

E.g. homework, a difficult task at
work, a brainteaser in a pub quiz



**Who can I speak to
about something
emotional?**

E.g. something that has upset
me, feelings I'm struggling with,
my mental health

