



Asking for Help



Overview/Description:

Seeking help for emotional distress seems like a good, rational choice when someone is struggling with persistent negative feelings or engaging in behaviors that feel out of control. But why is it so difficult to do? Why do most people avoid getting help and how can a person overcome this reluctance? How might you encourage someone you care about to get help?

This course addresses the common fears associated with “getting help” and ways to overcome those obstacles to accessing the resources needed to resolve distress. The course begins with a discussion of what constitutes good mental health and why avoiding help is so common. The course includes ways to encourage others to seek professional help and how you can become a “helper” for others.



Workshop Objectives:

This training will help you:

- Understand why asking for help is both difficult and understandable
- Recognize how getting help is often a necessary ingredient in resolving problems
- Change the way you think about “getting help” in order to move beyond common fears of judgement
- Identify practical approaches to helping others access help and/or becoming a helpful resource



TARGET AUDIENCE:

ANYONE WHO WISHES TO UNDERSTAND AND OVERCOME THEIR RELUCTANCE TO RECEIVE HELP OR TO HELP OTHERS



EXPECTED DURATION:

45-60 MINUTES