

Seeking Help is a Sign of Strength

Hey there,

A young person's life can be challenging. Distressing thoughts and feelings from difficulties at home, in school or in our relationships with others can overwhelm us at times.

During these times, do consider seeking support from a professional. Professionals are trained to help youths like you work through emotions in a safe and supportive space. They will listen to the emotional pain that you experience and provide coping strategies to deal with difficult thoughts and feelings.

There is no shame in reaching out for support when you need it. It's a brave step toward taking care of yourself. You might be worried about what others think if you ask for help, or you may feel like you should be able to handle everything on your own. But the truth is, everyone needs help from time to time, and it's okay to ask for it. Professionals are there to support you and help you build the skills and resilience you need to thrive.

You deserve to feel supported, and there are people such as medical social workers, psychologists, psychiatrists, and counsellors who can help you get there.

You can take the next step by letting us support you.

We are here for you.

***"Ask for help.
Not because you are weak, but
because you want to remain strong."***

~ Les Brown

