

# Wellness: Asking for help

***Needing extra support as a college student? It is not always easy to reach out. Use this toolkit to explore different ways to receive the support you need.***

*Statements we tell ourselves that prevent us from receiving help:*

***“I have other things to worry about.”***

Prioritizing school is essential for academic success. Aside from the many roles you carry, being a student is one. Making school a priority shows your efforts to show up as a student and can contribute greatly to your career goals. Consider finding balance between the multiple roles you have in life by creating boundaries.



***“I don’t know who to ask or where to go for help.”***

Many students are unaware of the services available to them. As you share the challenges you are experiencing with your coach, they should be able to connect you with the appropriate resource. If you are uncomfortable reaching out to a resource on campus, your coach can assist you in making the first contact and/or advocate on your behalf.

***“I can do it myself, other students need the help more than me.”***

Sometimes we may feel like other students have it worse off than we do, and that they deserve the support more. However, it is important to remember that campus services are intended to serve all those that need it. You are not taking the space of another student by receiving support, and you deserve the help just as much as anyone else.

***“Support services are only for students that are failing.”***

Students may feel like receiving support is an indication that they are lesser than their peers. For examples, students may hold the false belief that only people that are failing their class go to tutoring for academic support. The reality is that these services are intended to support all students, regardless of their background or abilities.

***“I’ve had bad experiences in the past, I don’t think this service will help.”***

It is important to not generalize one experience to all future experiences. Building your resilience from poor experiences can help your skillset. Campus services are provided to students with a purpose; to support student success. Try meeting with a different staff/ faculty member and have a positive mindset.



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★ *What is one campus resource you can connect with for support?*

*My commitment is...*