



Encouraging Your Child to Seek Help



It is important to remind ourselves that **help-seeking is not a sign of weakness**, but a **sign of resilience and courage**.

You can encourage your child to seek help by reminding them to stay calm, reassuring them of your support and being patient with them.

Tips

1 Let your child know to seek help when their stress becomes distress, and when they feel overwhelmed by their feelings or thoughts.

2 Help your child learn how to seek help from a trusted adult and/or peer. Encourage your child to describe the situation and their thoughts and feelings about it.

3 Show your child where they can seek help from. These could be:

- Websites or helplines;
- Support networks (e.g. trusted adults, parents, counsellors, friends).

Sample Conversations



Hey, you seem down lately. What's going on? I'm here to listen.



Things have been weird. Dinesh stopped talking to me and I don't know why.



Oh no. Do you want to tell me more about it?



No... I don't know what happened. I don't want to make things worse.



1 It sounds like you're going through a stressful time. If the stress feels too overwhelming, **3** you can always talk to me about it. I'm here for you. Is there anyone who can help you find out why Dinesh isn't talking to you?



Maybe Jia Jun. Jia Jun is close to Dinesh too.



3 Jia Jun has been your close friend since primary school. **2** What will you say to Jia Jun?



2 I know talking to Jia Jun about my problems will help me feel better. Maybe I'll also ask Jia Jun if he knows whether Dinesh is angry with me.