

Asking for Help Worksheet

Patient Name:

Date:

This worksheet is designed to help you effectively communicate your needs and concerns to healthcare professionals. Take your time to think about each scenario and fill in the spaces provided with specific details about how you can ask for help in each situation. Be honest and thorough in your responses.

Scenario	How to Ask for Help
1. Feeling overwhelmed with schoolwork and academic pressure.	
2. Confused about career or future plans.	
3. Needing support dealing with peer pressure or social challenges.	
4. Feeling anxious or stressed about social situations or fitting in.	
5. Having trouble communicating with family members or expressing emotions.	
6. Feeling anxious about driving or transportation.	
7. Facing financial difficulties related to personal expenses or budgeting.	
8. Needing help managing time and balancing school, work, and personal life.	
9. Dealing with body image issues or concerns about appearance.	

Scenario	How to Ask for Help
10. Worried about the impact of mental health issues on academic or personal life.	
11. Struggling with finding hobbies or interests.	
12. Feeling overwhelmed by responsibilities at home or school.	
13. Dealing with stress related to relationships or friendships.	
14. Feeling lonely or isolated from peers.	
15. Struggling with self-advocacy and asking for help when needed.	
Note:	