



01 Because it is okay to not feel okay



02 Because it could help you get things off your chest



03 Because asking for help will make you feel better



04 Because it is not possible to have all the answers



05 Because it is okay to show weakness



06 Because you deserve to be supported



07 Because asking for help can help you to problem solve



08 Because it is important to express feelings and emotions

WHY



09 Because you deserve to be helped

YOU SHOULDN'T BE AFRAID

TO ASK FOR HELP



10 Because asking for help is a sign of strength not weakness



11 Because asking for help can help you look at things from a new perspective



12 Because there is nothing wrong with not knowing an answer or solution



13 Because there is nothing to be ashamed of



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