



**01**  
Because it is okay to not feel okay



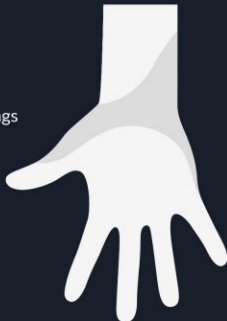
**02**  
Because it could help you get things off your chest



**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



@BELIEVEPHQ

