

Getting help with your worries

Even if people tell you that there's nothing to worry about, or say that you are being silly, DO tell someone. Worries are not silly. Don't keep your worries to yourself.

Tell someone you like and trust. Choose a quiet time to talk, and make sure you have the person's full attention.

Say, "I'm worried. Can I talk to you about it?"
If they can't listen to you properly at that moment, then plan a time to talk later.

