

How to Ask for Help

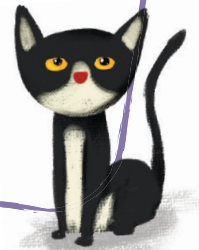
We all need to ask for help sometimes, especially when we are feeling big emotions! Who is your support system when you need help? How can they best support you when you are angry or sad?



Who can help me when I am sad?



How can they help me when I am sad?



Who can help me when I am angry?



How can they help me when I am angry?

When can I ask for help?

