

# How to Seek Help

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*An expert gives advice on reaching out in times of need.*



Laura Kauffman (smiling) is a child psychologist.

“It’s always a good time to ask for help,” Emma Katz said. She is an English teacher in New York. “There are so many people who want to help you,” Katz added.

Sometimes you might find yourself in a tough situation. You may be in trouble at school or in a fight with a friend. It’s important to remember what to do when you need help.

Seeking help is a big part of social and emotional learning (SEL). Reaching out isn’t always easy. But once you do it, it gets easier. It isn’t good to keep things bottled up. That can cause anxiety or other problems. So, let it out!

Dr. Laura Kauffman is a child psychologist from Menlo Park, California. She talked to *News-O-Matic* about how to ask for help!

## **Why is it important to ask for help?**

“Everyone has hard things in their lives,” Kauffman shared. “Some kids have a tough time talking to other kids at school or falling asleep at night. There are adults who can help kids work through these things. It doesn’t have to be so hard!”

## **Whom can you reach out to for help?**

“There are lots of adults who know how to get kids help,” the expert said. She explained that it can be scary to share that you are having a tough time. However, people who care about you “want to know these things!” Kauffman said you should reach out to a trusted adult, such as a parent, teacher or school counselor. “If they can’t help you, they will know who to talk to get you support.”

### **What kinds of resources are available?**

“There are resources available to help kids who are struggling,” Kauffman said. You may be having “a hard time with feelings, friends, or family members,” the expert said. No matter what you’re going through, Kauffman said, a mental health professional may help. Those pros include therapists, psychologists, and more! Kauffman added that “there is an adult who can help with just about every problem!”

Your peers can also be a great resource! Your classmates and friends may be going through similar problems. Opening up can help you get through them together.

### **Do you have any specific tips on asking for help?**

“Don’t delay asking for help!” Kauffman said. “Think about adults you know and trust,” she added. Kauffman believes that adults can give you the best resources. Therapists can comfort you when you are feeling down. Teachers may help you find a subject that brings you joy. And friends can laugh with you through hard times. You can find the help you need almost anywhere. You just have to open up and ask for it!

Updated August 27, 2020, 5:02 P.M. (ET)

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