



JPA

Juvenile Protective Association



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Asking For Help

The inability to ask for help when necessary is a risk factor that increases a child's need for adult support. And it also applies to parents. Not being able to ask for help can compromise parent's ability to support their children. Let's think about that for a moment.

Regardless of age, asking for help is a sign of strength. Not asking for help is a risk factor. Why is that? It's like traveling through a strange landscape without a map.

Early in my work with young adults living in under-resourced communities and striving to be the first in their family to attend college, I often noticed that they struggled to ask for help. Somehow, they had received the message that smart kids, ambitious kids, resourceful kids should not need help — and they should never show weakness by asking for it. Yet, the most successful people I know have a posse of advisors on speed dial. They know the power of asking their network for help to get them through tough moments. Realizing they could ask for help and advice was often a huge breakthrough for those young adults and for their parents.

This month, I want to urge everyone to start asking questions. I want everyone to understand the power that comes from accessing the knowledge and support of friends, family members, and mental health experts. Here at JPA we have "Ask Jane" a regular feature in our newsletter that encourages any adult or teen to ask us a mental health question. Our highly skilled team will answer.

You can ask anonymously, but please ask! Be powerful! What's your question?

Best,

Karen