



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Mental Health,  
Developmental Disabilities  
and Substance Abuse Services

# Get the SCOOP on Ok to Ask for Help

*Struggling is normal.*

*Asking for help is EMPOWERING!*

The OK to Ask for Help section focuses on the second “O” of the SCOOP educational series for managing stress to optimize personal mental wellness and self-care. In this session, participants will learn the challenges that prevents people from asking for help and understand that asking for help is not a weakness, but it is a strength. We will interview three panelists why asking for help is important and learn what could happen when we don’t ask for help. Following the panelist interviews, we will address stigmas that prevents people from asking for help in the first place. Participants will also be provided a list of resources they can utilize at any time. By the end of the session, participants will be able to:

- Realize asking for help is a strength
- How to recognize help
- Address the stigma that prevents them from asking for help
- Know or understand resources where to turn for help

Register to join: <https://tinyurl.com/SCOOP-OkToAsk4Help>

Get the **#SCOOP4Stress** with the NC DHHS DMHDDSAS Stress Management Series

Contact the Community Engagement & Empowerment Team at [CEandE.Staff@dhhs.nc.gov](mailto:CEandE.Staff@dhhs.nc.gov) for more information.



Recorded with ASL & Closed Captioning



## With Speakers:

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