



# Elephant in The Room Q & A

BHGH  
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**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

**Resources:**

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

<p><b>BLOOM365 HelpLine</b></p>	<p><b>For free, confidential support:</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p><b>Teen Lifeline (24/7)</b></p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support relating to suicide, depression, bullying, or relationships.</p>
<p><b>National Teen Dating Violence Hotline (24/7)</b></p>	<p>Text "LOVEIS" to 22522</p>
<p><b>National Domestic Violence Hotline (24/7)</b></p>	<p>1-800-799-SAFE (7233)</p>
<p><b>National Sexual Assault Hotline (24/7)</b></p>	<p>1-800.656.HOPE (4673)</p>
<p><b>Suicide Prevention Lifeline (24/7)</b></p>	<p>1-800-273-TALK (8255)</p>
<p><b>ACESDV: Arizona Sexual and Domestic Violence Helpline</b></p>	<p>Call: (602) 279-2980 or (800) 782-6400          SMS Text: (520) 720-3383          Arizona Relay Service 7-1-1          Monday-Friday, 8:30a – 5:00p with extended hours on Tuesday 8:30a – 7:00p</p>

**\*Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

**Q: Student**

**A: BLOOM365 Advocate**

**Q: How long has BLOOM365 been around?**

**A:** BLOOM365 was founded as the Purple Ribbon Council back in 2006 by Donna Bartos, a survivor of teen dating abuse. You can read more about the history of bloom365 and how we came to be at [www.bloom365.org/story](http://www.bloom365.org/story).

**Q: What are some signs of violence? Mental behavior? Is it the start when someone feels sad and don't know why, clinically depressed?**

**A:** Some signs someone could become violent sometimes correspond with the elements listed on the Wilting Flower—such as intimidation, threats, coercion, dominance, humiliation, and several others. It can also be helpful to look at the red flags checklist to determine if someone's behavior is abusive, controlling or violent.

It is possible that someone could be experiencing depression if they are feeling sad and don't know why, although there are some additional criteria that are considered before determining whether someone is experiencing depression or if it's something else. Some signs that someone might be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, sleeping too little or in excessive amounts, and sometimes more drastic changes in behavior. If these symptoms are present for most of the day over more than two weeks, this may be a sign that it's more serious than just feeling sad. If you or someone you know is experiencing this or similar feelings, we encourage you to reach out to a trusted adult or a BLOOM365 Advocate for support. You don't have to navigate those feelings alone—we are here for you!

**Q: How do you deal with relationship abuse even after you've gotten out of the relationship?**

**A:** This is a really important question, and we're glad that you reached out to ask us! It can be challenging to move on from and heal from an abusive relationship after it has ended. It is common to feel confused or to feel a lot of different emotions about those past experiences, and each individual's healing journey is unique. It can be helpful to engage in self-care activities, and also to talk to a trusted adult about those experiences if you feel safe and comfortable doing so. If you're still experiencing abuse or violence after ending a relationship, we encourage you to reach out to a trusted adult, such as a parent, teacher, school counselor or social worker, or even a BLOOM365 Advocate for support and added safety. If you'd like to talk more about this topic or any other questions you might have, feel free to reach out to our HelpLine at the number listed above.