



# Elephant in The Room Q & A

Maryvale High School  
Fall 2021

**\*\*This document can also be accessed at <https://www.bloom365.org/faqs>**

### Resources:

*\*For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)\**

<p><b>BLOOM365 Peer Support Helpline</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Helpline Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p><b>To reach a specific advocate directly, please feel free to contact our Helpline and tell us who you would like to speak to.</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>
<p><b>Suicide Prevention Lifeline</b></p>	<p><b>1-800-273-TALK (8255)</b></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: Y'all are very kind <3 keep it up :)**

**A:** Thank you for your blooming feedback!

**Q: How do you get over the fear of getting into another relationship after a bad experience?**

**A:** Thank you for reaching out to us for support. This is such an important question. Being able to trust again and open up with someone after a bad experience can definitely be a process and can take time. We encourage you to consider your deal-makers and deal-breakers before going into a new relationship. Taking your knowledge from your previous bad experience and applying it to future relationships might be helpful in boosting your confidence in the decisions you make in future relationships, since you now have an idea of what an ideal experience would be for you in a relationship. If you'd like additional support, or to talk more about this, feel free to reach out to our Helpline by calling/texting **888.606.4673** Mon-Fri from 3-9pm MST. We are here for you!

**Q: Am thankful for this lesson thx :)**

**A:** You are most welcome! We are glad you enjoyed it!

**Q: If I was in a toxic relationship with my s/o how do I get them to leave me alone and what can I do to work on myself & heal myself?**

**A:** Thank you for reaching out to us. We are glad you are no longer in a toxic/unhealthy relationship. The most important things are your physical and emotional safety. You deserve to be treated with respect. We would like you to know that you are not alone and there is help available. If someone won't leave you alone, especially after you've asked/told them to, we encourage you to talk to a trusted adult about what's going on. Sometimes this behavior isn't dangerous, but in some cases it can escalate and lead to different forms of abuse or harassment, such as stalking. It's important that you feel and stay safe. In order to work on yourself and heal yourself, we encourage you to engage in self-care. Self-care can look different for each person, so we encourage you to try a few things out to see what works for you. Some examples of self-care include: Spending time with the people you love, practicing yoga, taking a bath, joining a new sports team or club, or simply going for a walk. It might also be helpful to look into more therapeutic activities, such as counseling or journaling. If you would like to talk more about this you can always reach out to our Helpline Mon-Fri 3-9 PM MST by calling/texting **1-888-606- HOPE (4674)**.

**Q: At school I'm stressed at home I'm stressed. This world has nothing to do with me. Why???**

**A:** Thank you for reaching out and sharing with us how you've been feeling. We are so sorry that you are dealing with so much stress. It can feel so overwhelming when different parts of our life make us feel stressed. Sometimes those feelings can make us feel disconnected from the world around us. It might be

helpful to engage in some self-care activities to help cope with stress and big emotions. Some examples of self-care activities that might help alleviate your stress could include: journaling, spending time in nature, drawing or writing, eating your favorite food, taking a nap, or spending time with the people you love. Please know that you are not alone in these feelings and that there is support available for you. Our advocates are always here to lend a free, confidential listening ear whenever you need it. We can also support you in navigating any resources that may help you in feeling less stressed. Feel free to reach out to our Helpline at the number listed above. We are here for you!

**Q: I've been sexually assaulted before by many, and now I don't know how to act normally around other males. I get scared they're going to do the same... I don't know how to be better about it.**

**A:** Thank you for trusting us enough to share such a deeply vulnerable experience, we are so glad that you reached out for support. What you have experienced is not your fault. Sexual violence can be very traumatic and we understand feeling scared or hesitant around others. We encourage you to be patient and kind to yourself while you heal from those experiences. It might be helpful to talk to a trusted adult or even a professional, such as a BLOOM365 Counselor through our free counseling services to “be better about it.” Everyone processes trauma and heals at different speeds; You can heal in a way and pace that is comfortable for you. There is also RAINN, which is a national network for assault survivors, you can reach them by calling their hotline at 800-656-HOPE (4673) or chatting online at this [link](#). They have also recently launched a mobile app which you can learn more about [here](#). And of course, you can always reach out to a bloom365 advocate at our Helpline number listed above. You are not alone!

**Q: How do you tell your parents that your grades aren't everything. Mental health also matters**

**Related Submission: Q: Do grades matter more than mental health?**

**A:** You are so right - mental health also matters and grades aren't representative of all that we are! It's great that you want to talk to your parents about how you're feeling. Communication is an important tool that we can use to improve our relationships with others, move through conflict, and express how we're feeling to others. Through communicating our wants and needs, we can give others the opportunity to better understand and support us. A productive way to communicate can be to use “I” statements rather than “you” statements. An example of using an “I” statement can look like saying, “I feel like my mental health isn't being considered when we only focus on my grades.” This style of communication allows for you to be honest about your feelings without making an accusation. This allows for you both to engage in effective communication with each other. If you would like to talk more about talking with your parents, or would like support for yourself as you navigate school and life, please feel free to reach out to our bloom365 advocates by phone at 1-888-606-HOPE (4673) or online chat at bloom365.org. We are here to support you!

**Q: How do I be myself without being judged by the ones I love most?**

**A:** Being honest and true to yourself are two very important things in life. Being who we are is great, and it may take some time to feel totally comfortable being ourselves. Even though sometimes society focuses on things that we are insecure about, we encourage you to focus on your strengths and qualities that make you unique. Remember that no one is perfect, and we all excel at different things. If you

would like to talk more about this, you can reach out to us by phone/text at [1-888-606-HOPE](tel:1-888-606-HOPE) (4673) or online chat at [bloom365.org](https://bloom365.org).

**Q: Do people appreciate you?**

**A:** Because we talk about topics that can stir up a lot of emotions for many people, sometimes we are less than appreciated. For the most part, though, we do receive positive feedback from those that go through the Doses!

**Q: How can I get out a toxic household without feeling I'm in the wrong for leaving my siblings?**

**A:** Thank you for reaching out to us! The most important things are your physical and emotional safety. We encourage you to talk to a trusted adult about what you are experiencing and seek support to navigate this situation. If you feel like the situation is dangerous, we encourage you to contact 911 or a trusted adult as soon as possible to ensure everyone's safety. To explore additional resources that might be helpful for you, feel free to reach out to the BLOOM365 Helpline at the number listed above. We are here for you!

**Q: Me and my moms boyfriend and mom got into an argument and my mom always chooses her bf over her own kids. Her bf told me I have to be gone by Christmas and I should move back with my dad. And he blames me for my self-harm and I shouldn't be sad over nothing BTW they've been dating less than a month**

**A:** Thank you for reaching out to us! We are very sorry you and your siblings are going through this situation. You are not alone, and you have been very brave to step forward and reach out for help. If it is safe to do so, it might be helpful to talk to your dad or another trusted adult about what's going on. Your safety is most important.

Self-harm can be a tough topic for a lot of people to discuss or understand. Self-harm is sometimes used as a coping skill. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our HelpLine at the number above! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression. School social workers and counselors are also a great source for information on dealing with depression. BLOOM365 Advocates are also available at the number above if you'd like additional support or resources. We are here for you!

**Q: How do you get out of a manipulative relationship? I need advice and help**

**A:** Thank you for reaching out to us! We are here for you, we can only imagine how you are feeling and what you have been through. Leaving a manipulative or abusive relationship can be a process and it may even take some time. It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. If you are concerned about your safety, please contact a BLOOM365 advocate so that you can create a safety plan. If you do not fear for your safety, you may try

to communicate how you feel using “I statements”, letting them know that you believe this relationship isn’t beneficial for you and you’d like to go your separate ways. If your partner is unwilling to let you leave and/or continues to not take you seriously, we encourage you to reach out to a trusted adult or BLOOM365 advocate for assistance in safely exiting the relationship. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during dose 6 and find one that best suits you. This could be spending more time with friends or dedicating time to a new hobby or skill. If you’d like to talk more about this, we encourage you to reach out to our Helpline at the number listed above. We are here for you!

**Q: How do I get my mom to accept me for me? How do I get my mom to stop bringing me down? How do I get her to stop blaming me for her problems?**

**A:** Thank you for reaching out to us! We are very sorry that your mom does not accept you for who you are. If you feel comfortable and if it is safe to do, it might be helpful to express what you're feeling to your mom. Using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: “I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?” This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If this doesn’t help, it might be helpful to talk to another trusted adult about what’s going on. You can also reach out to a BLOOM365 Advocate for additional support. We are here for you!

**Q: How do you know you can trust someone after so many people have broken it? What are ways you don’t push good people away when going through tough times? Why is it once you are there for someone and listen or help then they think you don’t go through it too or don’t have your own problems and that your life is good?**

**A:** Thank you for asking such important questions! It can feel hard to move forward after trust has been broken within safe and trusted relationships. The questions you are asking are very normal, and we understand that it can be challenging to figure out how to connect with people when you have had barriers to this in the past. Building trust can be a complicated and sometimes long process that can look different for everyone. It might be helpful to take some time to think about the things within a relationship that make you feel loved, seen, and able to trust. Sometimes having a better understanding of ourselves and our needs can help us better communicate and build trust with others in our lives. The Gottman Institute has a wonderful article about how to build trust that you can find [here](#). Navigating relationships and connecting with others can feel like a lot! But with compassion, patience, and support we can find ways of connecting to others that are healthy and work for us. If you would like to talk more about this, our bloom365 advocates are here to listen and offer you any support that you may need. You can reach out by phone/text at [1-888-606-HOPE](tel:1-888-606-HOPE) (4673) or online chat at our website at [bloom365.org](https://bloom365.org).