



Elephant in The Room Q & A

Brownsville Area High School (DVSSP)
Fall 2022

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

Resources:

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

<p>BLOOM365 Peer Support HelpLine</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</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>Domestic Violence Services of Southwestern PA (DVSSP)</p>	<p>24/7 Hotline www.peacefromdv.org/hotline WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline</p>	<p>988</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: Why is it so hard 2 love myself?

A: Thank you for reaching out to us to ask this question. While learning to love ourselves can feel very hard and lonely, you are not alone in feeling this way. Building a good relationship with ourselves and cultivating self-love can take a long time and is not always easy. A lot of times, our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. With time and intention, we can build strong and healthy relationships with ourselves. If you want to talk more about this, our advocates are here. You can reach out to DVSSP or bloom365 Advocates at the phone numbers listed above!

Q: How do you move on w no closure?

A: Closure can be a helpful tool in understanding the end of a relationship and moving forward. There are times where closure may not be possible. But with time and the right set of coping skills, we can still heal through the ending of a relationship. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed. You can also reach out to DVSSP advocates at the numbers listed above for additional support or information.

Q: Why is it so hard 4 me 2 be alone?

A: We understand that sometimes it can be difficult to be alone; we might feel lonely, anxious, overwhelmed, or a mix of feelings when we spend time by ourselves. Being more comfortable with being alone can take time, and there are some tools you can use to cope with those feelings that come up when you find yourself solo. These tools could include writing your thoughts in a journal or in your notes app, texting a friend, listening to music or creating new playlists, spending time in nature, or even just doing some deep breathing. If you'd like to talk more about this, we encourage you to reach out to a bloom365 or DVSSP advocate for support.

Q: Do y'all deal with suicide?

A: Although DVSSP and bloom365 mostly focus on domestic violence and teen dating violence, our advocates are available to offer support to individuals feeling suicidal. If you or someone you know is having suicidal ideation, or feelings/thoughts of wanting to end your life, we encourage you to reach out

to the 24/7 National Suicide Prevention Lifeline by calling or texting 988, or to contact a DVSSP or BLOOM365 Advocate. You do not have to navigate this alone; we are here for you!