



Elephant in The Room Q & A

Phx College Prep Academy
Fall 2022

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>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>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>1-800-273-TALK (8255)</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: I wish my peers can be more aware of others' feelings. Sometimes I grow depressed because of how society is. Thank you bloom365 for spreading kindness to our generation

A: Thank you for sharing such kind and encouraging words with us! Being constantly aware of and witnessing unkind or rude behavior can feel discouraging. Talking about these discouraging feelings with those we trust and being intentional about paying attention to the ways in which people are committed to sharing kindness and community can be helpful in navigating those intense negative feelings about the world. It might feel overwhelming or impossible but when we work together, we can make the world a better place!

Q: I am a positive person and I try to be happy every day so my parents wouldn't have to worry

A: It sounds like you really care about spreading positivity and lessening the worries of others which is such a beautiful trait to have! While it can be such a loving thing to share happiness when you can, it's also equally important to take care of your mental and emotional needs. All of your feelings, even the ones that may be perceived as negative, are valid and important!