



# Elephant in The Room Q & A

Peters Township 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><b>BLOOM365 Peer Support Helpline</b></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><b>Domestic Violence Services of Southwestern PA (DVSSP)</b></p>	<p><b>24/7 Hotline</b> <a href="http://www.peacefromdv.org/hotline">www.peacefromdv.org/hotline</a> WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500</p>
<p><b>Teen Lifeline</b></p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p><b>National Domestic Violence Hotline</b></p>	<p>1-800-799-SAFE (7233)</p>
<p><b>National Sexual Assault Hotline</b></p>	<p>1-800.656.HOPE (4673)</p>
<p><b>Suicide Prevention Lifeline</b></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: I have some problems I don't know what to do about or how to confront**

**A:** We understand it can feel overwhelming when we have a lot going on in our lives and aren't too sure what to do about it. We encourage you to practice self-care when you can, so that you can navigate those problems in a way that feels manageable for you. If you'd like to talk more about what's going on or how to deal with those problems, feel free to reach out to a DVSSP or BLOOM365 Advocate for confidential, non-judgmental support. We are here for you!

**Q: Why does someone you are close with not tell you I do not want to hear you vent?**

**A:** Unfortunately, we don't know if there is one sure answer to this question. It's possible that sometimes those people we are close with want to be supportive, but don't know how to express that they're not in a good headspace to hear you vent at that moment. Maybe they have their own things going on, maybe they're super tired, or maybe they just aren't sure how to respond, so they'd rather not address it directly. If you're having this experience with someone you're close to, we want you to know that we are sorry you're going through that, and we're glad you reached out for support. Sometimes it can be helpful to ask our close friends or family if it's OK to vent to them before doing so, so that they have the opportunity to let you know if they're ready or not to offer the support and active listening that you're looking for. You can also always reach out to a BLOOM365 or DVSSP Advocate for a safe space to vent and receive emotional support and additional information/resources, if you're interested!

**Q: Why is it so difficult for people to ask for help?**

**A:** Asking for help can be a difficult thing for people to do for a variety of reasons. Some may feel an expectation to keep how they feel or what they're going through to themselves because they were taught to do this by their family, culture, or society. Others may not know how to ask for the help or support they need. It's important to remember that asking for help is not a sign of weakness but is instead a sign of self love and compassion. When we work together to challenge the stigmas around asking for support, we can create a world where people feel empowered to access the help and services they need. Our BLOOM365 and DVSSP advocates are always here to offer confidential and non-judgmental support when needed!

**Q: y'know, this program of yours is a lot better than I thought it would be. I'm kind of a cynical guy, so I thought that this was gonna be some dumb, over dramatic, self-righteous little thing. Now, though, I don't think I can say those things about all this. High schoolers are notoriously unreceptive, but, what the hell. I think you lot really are making a difference after all. Keep up the good work, you crazy fellas. You changed a cynics mind today.**

**A:** Thank you for sharing your kind words with us! We're so glad to hear that what we have shared resonated with you and we appreciate you being open and receptive. All it takes is one person to make a difference and we're happy to have you be a part of interrupting the cycle of abusive relationships! :)