



Elephant in The Room Q & A

Irene Lopez (8th)
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****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 (24/7)</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline (24/7)</p>	<p>Text "LOVEIS" to 22522</p>
<p>National Domestic Violence Hotline (24/7)</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline (24/7)</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline (24/7)</p>	<p>1-800-273-TALK (8255)</p>
<p>ACESDV: Arizona Sexual and Domestic Violence Helpline</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: Sometimes I cry at night because my dad left me and sometimes not good of them for my family and I think they do not love me

A: We are sorry to hear you are dealing with so many hard things right now. It is normal to feel upset if you are missing someone, and allowing yourself to have those feelings is healthy. Sometimes when we are feeling down it feels like everything is falling apart. It can be helpful to find something you enjoy doing that lifts you up, and focus on that. It is possible your family is also dealing with things in their own way, or they are trying to give you space as you work through your emotions. It might be helpful to try communicating with them about how you're feeling and see what their perspective is. Sometimes doing something like journaling can help you to get all those emotions out and make it easier to see how to solve the problems, and can also make you feel so much better after processing those emotions and experiences, as well. If you need someone to talk to or just want support, BLOOM365 Advocates are available from 3pm to 9pm at our helpline listed above. Feel free to give us a call or text!

Q: What if I'm falling back again

A: Although we do not know the full context of this question or what you are going through, we highly encourage you to reach out to a trusted friend, adult, or advocate if you are having a tough time. If you would like to talk to our advocates more about this, you can reach out to us at our Helpline listed above. We are here for you!

Q: What could you do if you are going through a lot and start to sleep more and less eating

A: If you are noticing changes in your habits or behavior and these changes are becoming more present, we highly encourage you to reach out for support in navigating these changes. It could be helpful to talk to a trusted adult at your school like a school counselor or social worker. You can also talk with a bloom365 or Teen LifeLine advocate who can provide you with resources and non-judgemental support. You are not alone!

Q: When ur tryna be like someone else :() (lol)

A: You are not alone in feeling this way. Building good self-esteem and learning to feel good about ourselves 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 that make you unique (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can be helpful for those moments where we are feeling low about ourselves. If you want to talk more about this, our

advocates are here for you! Please feel free to give us a call or text at the HelpLine information listed above.

Q: What can you do if ur scared of talking to a grown up but you go to school and have grown ups at home?

A: Sharing our experiences and feelings with others can sometimes be a difficult thing to do. It might be helpful to talk to a friend that you trust about what you're going through and what your concerns are when it comes to talking to grown ups. Maybe this friend has a trusted adult in their life that you could talk to for support, if needed. Another alternative could be to reach out to an anonymous support resource, such as the BLOOM365 HelpLine or TeenLifeline when you find yourself in need of support but maybe talking to a grown up isn't your top option for how to navigate what you're experiencing. If you want to talk more about this, feel free to reach out to a BLOOM365 Advocate at the HelpLine number listed above.