



Elephant in The Room Q & A

Boys & Girls Club - Jerry Colangelo Branch
Dose 1
Spring 2023

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

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 5PM-9PM (MST) To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

***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: What do you do when you are jealous of your friend.

A: Jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing unless we act out based on our jealousy. Jealousy can become unhealthy or abusive when it is possessive, obsessive or controlling to the people in our lives. The first step is recognizing our jealous tendencies and addressing them with our partner or friends so that they know how we feel. You can communicate your feelings and concerns with your loved ones by using “I” statements. Taking some time to process our feelings of jealousy through journaling can help us to better understand why we may be experiencing jealousy. Being self aware of the triggers of our jealousy can make it easier to identify and address those feelings when they arise. If you find that your feelings of jealousy are still hard to control despite open communication and active self reflection, it might be helpful to reach out for additional support from an advocate or mental health professional to identify additional coping skills. You can also reach out to our advocates at the HelpLine information above, we are here to support you!

Q: Can I go home?

A: Being at home can be so nice and comforting! We can understand why you’d be ready to go. Thank you for being open to what we have to share and for sharing your feedback with us!

Q: What if you see a girl covering anything with bandages?

A: Self-harm is sometimes used as a coping skill and can put the person doing it at risk of permanently injuring or even killing themselves. If you notice someone covered with bandages and/or you are concerned that they might be experiencing self-harm or another type of harm, we encourage you to reach out to this person and offer them some kindness and support. This could look like encouraging them to reach out to services such as a bloom365 advocate or Teen LifeLine. You can also offer to engage in self-care activities with them such as hanging out, practicing yoga, squeezing ice, writing in a journal, or going for a walk outside, or even listening to music. You are never alone and we encourage you or anyone else who is experiencing experiencing suicidal or depressive thoughts or having trouble addressing your self-harm in healthy ways to reach out for support. We are here for you!

Q: What if you drank 8 pills because of problems?

A: We highly encourage anyone in this situation to reach out to a trusted adult such as a school social worker, counselor or a BLOOM365 Advocate as soon as possible. Our advocates are always here to lend a free, confidential listening ear whenever you need it. Teen Lifeline is a great resource to provide to someone who is considering suicide, and they can also assist in providing information as the friend, family member, or peer of someone who may be considering it. You can also reach out to the Suicide Prevention Hotline for additional support. You are not alone and there are people who care about you and would love to support you as you navigate these intense problems you are experiencing. We are here for you!

Q: What if your feeling strong emotions and don't know what to do?

A: Understanding and feeling our own emotions can be a difficult process, especially when they are strong and intense. Sharing how we feel with others can be a hard thing to do. Thank you for sharing how you feel with us. Sometimes sharing our feelings with others can be helpful in better understanding our emotions. Along with sharing how we feel, there are other coping skills like writing in a journal or taking a walk that can also be helpful ways to process emotions. If these feelings are too tough to manage on your own, reaching out for additional support from a mental health professional such as a counselor or an advocate from bloom365 or Teen LifeLine can be extremely helpful. If you'd like to talk more about how you're feeling or explore other resources, our advocates are here to listen and support you. You can reach out to us via our HelpLine at 1-888-606-HOPE (4673) or online at our website. We are here for you!