



# Elephant in The Room Q & A

Betty Fairfax HS  
Pride & Unity Event  
Spring 2023

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

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

**\*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: How do you help yourself get rid of memories of abuse?**

**A:** Healing from traumatic experiences like abuse is a deeply personal journey that is unique to each survivor. What might be a part of one person's healing journey might not be something that is important to another. It's so important to remember that there is no right or wrong to heal. Finding community can be extremely helpful in the healing journey as traumatic experiences can make you feel isolated or alone. Finding people or activities that make you feel supported and connected can be supportive in processing what you have experienced. This could look like spending more time with close and trusted friends, joining a club or group about an interest or hobby that you enjoy, or accessing therapeutic services or support group like those offered by [bloom365](#). Coping skills that allow you to release and process emotions such as journaling, dancing, or even listening to your favorite music are also tools that can be supportive to you. Take some time to find what works for you and know that our advocates are here to support you in this process. You can reach out to us by phone/text at 1-888-606-HOPE if you'd like to talk more about this. We are here for you!

**Q: What do I do if I feel so lonely and empty without him and it's so easy to go back?**

**A:** Ending/leaving a relationship, especially one that is toxic or abusive, is not an easy thing to do. It can be helpful to think of the barriers (fear, love, dependency, and insecurity) to leaving a toxic relationship as hooks and unhooking all of them at once can be a hard thing to do. It's so important to not blame yourself and to be compassionate to yourself in this journey. Giving yourself time to process your feelings and emotions is important. Healing is not a linear process and it can take some time to move forward from a toxic relationship. Finding ways to cope can be really helpful. This could look like spending time with the people you love, writing in a journal, joining a support group for young parents, or talking about what you're going through with a trusted person. Take some time to find what works for you, and always know BLOOM365 is here to support you if needed!

**Q: I was raped by my boyfriend and ex friend**

**A:** We are so sorry to hear that you have experienced something so traumatic from those that you trusted. The sexual violence that you have went through is not your fault and you have done nothing to deserve this. Talking about a traumatic event such as sexual assault is not an easy thing to do and we thank you for trusting us with such a deeply personal and vulnerable experience. If you'd like to talk more about this or access non-judgemental support and resources, we strongly encourage you to reach out to a RAINN or bloom365 advocate at the numbers listed above. You are not alone as you navigate your healing journey and there are people here to support you!

**Q: Thank you =)**

**A:** Thank you for having us! :)