



Elephant in The Room Q & A

Boys & Girls Club - Jerry Colangelo Branch
Dose 2 & 5
Spring 2023

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

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 LEVEL Line	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 if you're not comfortable talking to an adult?

A: It can feel uncomfortable or intimidating to talk with an adult about what you're experiencing. It can be helpful to remember that trusted adults care about you and your wellbeing is important to them. They want to hear about how you're feeling and what you're experiencing. There are a few different ways to talk with a trusted adult that can feel less intimidating such as reaching out via a helpline where you can speak anonymously about what is going on - sometimes talking without having to identify who you are can feel more safe and comfortable. Your physical, emotional, and mental wellbeing is so important and you are deserving of any support or resources you may want. If you'd like to talk more about any nervousness you may have with talking to an adult or would like to explore other ways to start a conversation about these heavy topics with trusted adults in your life, you can reach out to our advocates for additional support and ideas via our LEVEL Line at the information above.

Q: What if you have been dealing with self-harm and told someone but didn't get help?

A: Disclosing self-harm to another person is such a deeply personal and brave thing to do. While you may not have received the support or help that you want or need, we hope that does not deter you from reaching out for support again. Your health and safety is so important! You are never alone and we encourage you to reach out if you are experiencing thoughts of self-harm, suicide, or depression. Organizations like Teen Lifeline and the Suicide Prevention Lifeline specifically support youth who are struggling with depression, self-harm and other mental health challenges. You can contact them at the numbers above for additional support. School social workers and counselors can also be a great source for information on dealing with depression. Along with reaching out for additional support, it could be helpful to identify healthy coping mechanisms and forms of self-care that you can do in response to when these thoughts and urges come up. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our LEVEL Line at the number above, we are here for you!

Q: What happens if someone finds out what you did?

A: This question is a bit vague and we want to give this question the thoughtfulness it deserves. If you'd like to talk more about this or give more clarity around this question, you can always reach out to one of our advocates at our LEVEL Line information listed above!