

# FEELING OVERWHELMED? IT'S OK TO ASK FOR HELP!

Sometimes, we all struggle with how to handle life's responsibilities. Even if you feel completely stressed out, reaching out to a colleague or friend is always a good choice.

"Have you ever felt sick, but didn't want to bother your doctor? You hope to feel better on your own, but if you don't, you wish that you made an appointment sooner. It's the same with your emotional health," says Tom Waldecker, director of the Faculty and Staff Counseling and Consultation Office. "It takes some bravery to reach out. But doing so can make you feel so much better."

It's brave to ask someone else to listen to you. It shows you're emotionally aware and you want to feel better. Simply talking about your feelings can help build connections with others and help you feel better.

What can you do if you're worried about talking to someone? Here are some easy ideas:

## ASK FOR AN EAR INSTEAD OF ANSWERS

If you're nervous about being a bother, try asking someone if they have a couple of minutes to listen. Let them know that you don't need their advice or a solution. You just need to share what's on your mind.

## WE ALL HAVE FEELINGS

Remember, it's normal to have feelings. Many of your friends or colleagues, may have similar concerns or anxieties. By sharing your situation, you are helping to give others the gift of being open too.

## LOOK FOR A CONFIDANT

Personal privacy is important. Before sharing with others, observe how people around you interact and share information about others. Pick a person with a style that matches your comfort level and ask if they will keep your conversation private.

## ASK FOR RECOMMENDATIONS

Ask friends who they talk to when they're stressed. They might know some good people or ways to feel better. Plus, this can be a good way to start building a rapport.

## NEED MORE SUPPORT? WE'RE HERE FOR YOU

If you'd like to learn more about mental health services or are interested in support, counselors are available at no charge to you for confidential services. If you work on an academic campus, reach out to the Faculty and Staff Counseling and Consultation Office (FASCCO) at 734-936-8660 or via email at [fascco@umich.edu](mailto:fascco@umich.edu).



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