



Help-Seeking Reflection Tool

Purpose of this Activity

This reflection tool is designed to help you reflect on your personal help-seeking habits, including what kind of support you need, how you express those needs, and who you can turn to. Help-seeking is a vital part of mental health and well-being, but it can look different depending on the situation and the individual.

Taking time to clarify your own preferences and support network can boost your confidence in reaching out and strengthen your capacity to support others as well. You can use this tool on your own for self-reflection, as part of a team or staff wellness activity, or in one-on-one mentoring or supervision conversations.

What Support Do I Need?

We all need support, but support isn't one-size-fits-all. Different situations call for different kinds of help and different people. Use the prompts below to reflect on your needs, preferences, and support network.

I. Identify a current or recent challenge, stressor, or situation that has impacted your well-being. What are you feeling or facing?

II. What type of support would be most helpful right now? Check all that apply:

Someone to listen without judgement

Help problem-solving or brainstorming solutions

Encouragement or reassurance

Distraction, doing something fun or relaxing

Connection to resources or information

Accountability or follow-up

Spiritual or cultural support

Something else: _____

III. How can I ask for that support? Use a sentence starter below or write your own.

- “I’m going through _____. Would you be open to _____?”
- “I don’t need a solution right now, but I’d really appreciate if you could _____.”
- “I think what would help me most is _____, do you have space for that?”
- Use your own words: “_____”

Who can I go to?

You don’t need one person for everything. Different people can support you in different ways. Take a few moments to map out your circle of support.

Type of Support	Who in your life could you go to?
A good listener	
Someone who gives honest advice	
A colleague who “gets it”	
A connector (to resources/information)	
Someone to do a fun activity with	
A mentor or coach	
A professional (e.g., therapist)	
Other:	

Reflection Questions

What patterns do you notice about the types of support you tend to seek or avoid?

Are there areas where you're lacking support? What might help you build those connections?

What makes it easier or harder for you to ask for help?

Help-seeking is a sign of self-awareness and strength. Just as you encourage students to seek support, you deserve the same care and connection for yourself.





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