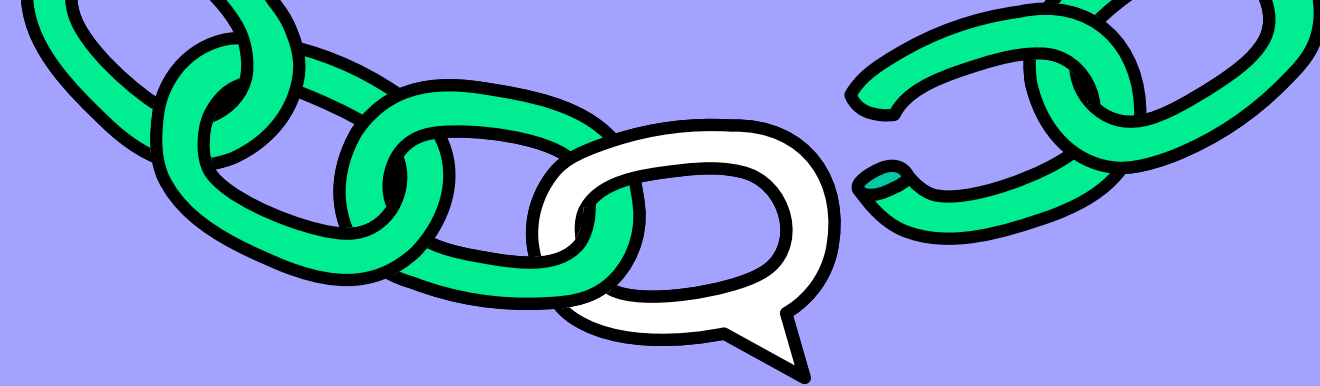


# ASKS FOR HELP (PAS AND GG)



## Develop the Competency of Asks for Help in the Context of Preventive Actions Linked to the Use of PAS and the Practice of GG

Asking for help means seeking answers and outside support to gain a new perspective on a situation. It means taking steps to feel better.

It means taking steps to feel better. Whether it's a question of drug use, gambling or other issues, young people have different abilities or habits in asking for help.

Little information is available on requests for help from young people in Québec about their use of PAS.

A study of high school students<sup>1</sup> found that 5% had spoken to a counsellor about the issue. Boys tended to ask for help more than girls (6 % vs. 4,8 %).

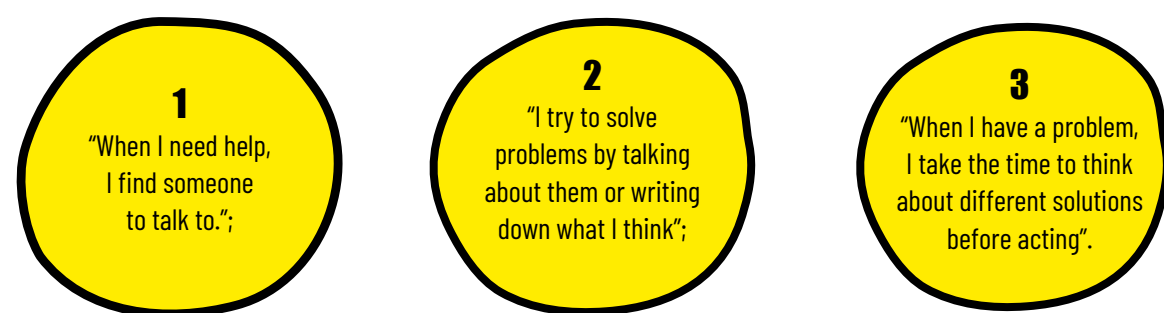


Here are the results:

Around 25% of students are at the high end of the problem-solving index, with a higher proportion of girls than boys (30% vs. 20%).

The students in Secondary 1 show a higher score for solving problems (30%), than among those in other grades (23% to 25%), all things considered. This applies to girls in particular.

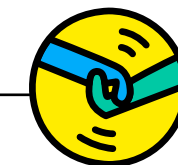
THE STUDY SPECIFICALLY EXAMINED YOUNG PEOPLE'S ABILITY TO SOLVE PROBLEMS USING A SCALE MADE UP OF THREE STATEMENTS:



Measured in this way, young people's ability to solve problems could give an indication of their ability to ask for help. This applies especially to the first reply shown.

1. Institut de la statistique du Québec (2018). *Enquête québécoise sur la santé des jeunes du secondaire (EQSJS), 2016-2017.*  
<https://statistique.quebec.ca/fr/document/enquete-quebecoise-sur-la-sante-des-jeunes-du-secondaire-2016-2017>

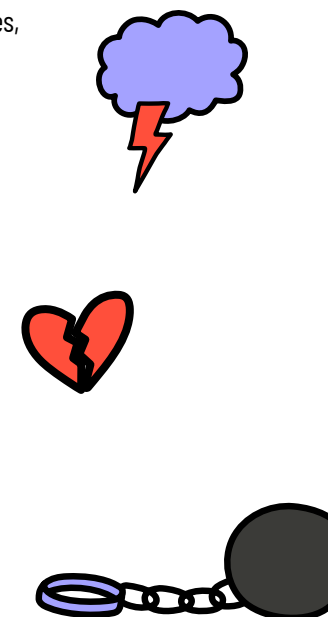
## Recognize Signs of Distress and Behavior that Require Help.



Motivations linked to consumption, such as to improve sleep, avoid feelings, relieve negative emotions, or satisfy substance dependency, are considered more at risk. Young people who engage in gaming or use PAS for these reasons may be more likely to need help. Changes in attitude or behavior, as well as signs of distress, can also suggest that a person may need help.

THE FOLLOWING SIGNS MIGHT SHOW THE NEED TO ASK FOR HELP FOR ONESELF OR FOR SOMEONE ELSE.  
FOR EXAMPLE:

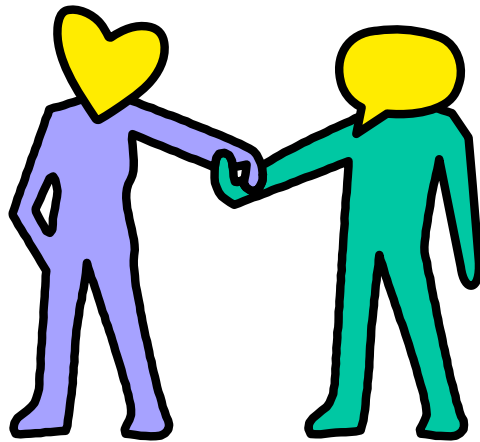
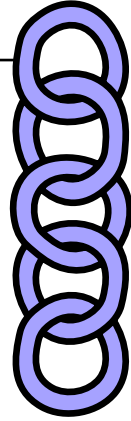
- Reducing or stopping participation in important social activities or hobbies, lower grades at school or performance problems at work.
- Increasingly isolating themselves, changing their appearance, lacking hygiene, or acting secretive.
- Not recognizing oneself: constant mood or behavior changes, irritability.
- Risky or reckless behavior under the influence of substances.
- Experiencing a deterioration in family, love or friendship relationships;
- Having to use substances or gamble increasingly to obtain the same effect or having difficulty reducing or stopping.
- Spending time and money trying to obtain alcohol or other drugs, gambling or using drugs.
- Spending time to recover from the effects of consuming.
- Continuing to consume PAS or practice GG despite physical or psychological problems possibly caused or aggravated by these behaviors.



Some obstacles make it more difficult for young people to ask for help. There are strategies, however, that can help them overcome these obstacles.

## Obstacles to Asks for Help

- Lack of information about PAS and GG and the resources available.
- Accessibility and availability of services.
- The ability to recognize signs of distress, attitudes and behaviours showing the need for help.
- Fear of disappointing or betraying someone's confidence.
- Fear of bothering or taking advantage of someone.
- Lack of confidence in adults, or disappointment from previous requests for help that were not useful.
- Obstacles related to someone's personality (embarrassment, shame, wanting to preserve one's reputation, difficulty in feeling vulnerable, fear of others' judgment, etc.).



## Strategies for Asks for Help

### Knowing When to Ask for Help :

- when you have doubts, you don't feel well, or the situation worries you;
- when the situation gets worse;
- When you have tried several things to feel better and it has not helped;
- When you feel discouraged, and you don't see any solutions to overcome the problems you experience;
- When your safety or that of another person is in danger.



### Knowing How to Open the Subject

If it is difficult to find the words, the first step may be to mention this difficulty:

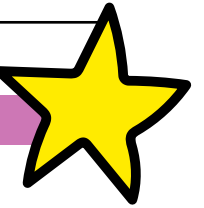
"THIS IS DIFFICULT FOR ME, BUT I NEED TO TALK TO YOU ABOUT SOMETHING."

Naming your fears or how you feel can also help the other person to be more empathetic and aware of the courage it takes:

"I AM AFRAID OF BEING JUDGED FOR SAYING THIS, BUT I NEED SOMEONE TO HELP ME."

### Knowing Where to Ask for Help

Choose a place where you can talk freely, without feeling pressured or afraid of being heard or seen, if these are obstacles to seeking help (**family, online service, school, youth center, community organization, CSLC, family doctor**).



### Knowing Who and How to Ask for Help

- **Identify a person you can trust, who you know or not, to preserve anonymity, if needed** (a parent, teacher, caregiver, professional, coach, adult family member).
- **Choose a means of communication in which you feel most comfortable to express yourself** (speaking in person, by telephone, writing a letter or an email, exchanging text messages, etc.).

