

Dear Paul

I am writing to you because you are someone who

I trust and respect

**I want you to know** something very personal about me.

I struggle with depression  
and anxiety

It is important that you know, I don't expect you to fix this. **I am trying to learn how to better communicate** and let people know when **I need help.**

One of the communication tools I am using is this symbol:



This symbol is one way I am saying I need help and **I want someone to know.** I want to be more open, **so I feel less alone.** If you see this symbol, and are able, here are three things which are helpful:

1. Ask me to go on a walk
2. Offer to pray with me
3. Make sure I have eaten recently

Here are three things which I don't find very helpful:

1. Telling me not to worry
2. Asking me lots of questions
3. Explaining why everything is fine

Thank you so much for all that you do.

**I truly appreciate you.**

Sincerely,

Jess