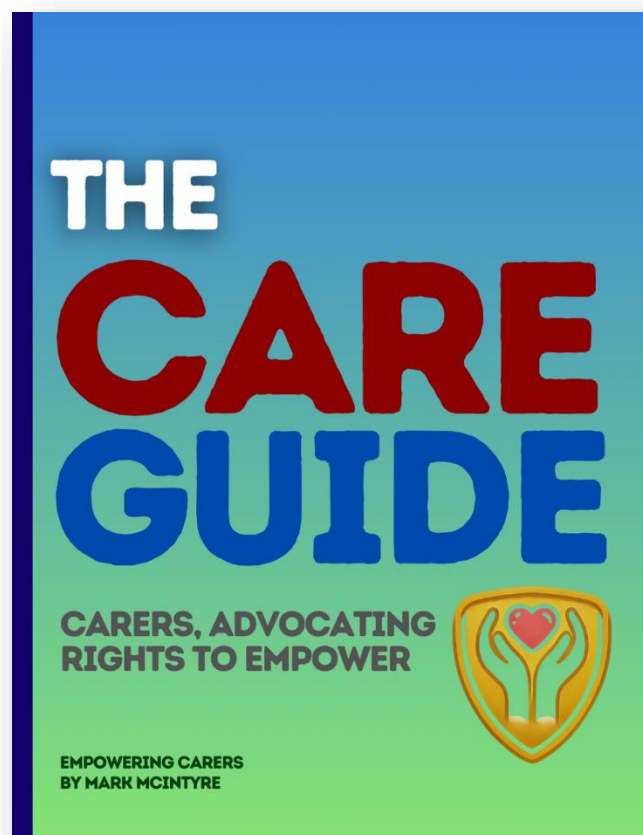


STORY 18

The Right to Ask for Help

Reflection and Teaching Aid

Section B of The Care Guide – Advocacy Stories



Training Resource Sheet

Story 18 Pippa the Fairy: The Right to Ask for Help

(From Section B – Advocacy Stories)

Story Summary

Pippa the Fairy always tries to be cheerful and capable. She helps others, stays busy, and hides how overwhelmed she feels inside. She worries that if she asks for help, people will think she's failing or being dramatic. As her stress grows, she starts making mistakes and withdrawing. Eventually, a kind colleague notices and reassures her that asking for help is not only allowed - it's brave. Pippa begins to open up and finds strength in support. This story reminds us that seeking help is a vital part of healthy care and connection.

Training Focus Areas

1. **Normalising Help-Seeking**
 - Why do people sometimes avoid asking for help in care settings?
 - How can we challenge the idea that needing help equals weakness?
 2. **Spotting Silent Struggles**
 - What are the quiet signs that someone might be overwhelmed?
 - How do we check in gently without pushing?
 3. **Building Safe Support Cultures**
 - How can teams create spaces where asking for help is encouraged and valued?
 - What does it look like to respond with empathy and not judgement?
 4. **Helping the Helpers**
 - How do we support those who always seem to support everyone else?
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Discussion Questions

- When have you found it hard to ask for help - and why?
- What can make someone feel unsafe about speaking up when they're struggling?
- How can we show each other that asking for help is respected here?
- What does it mean to be both strong and vulnerable in care work?

Practical Actions

- **Role Play:** Practise a supportive response to a colleague or service user who shares that they are struggling.
 - **Reflective Task:** Write down one area in your work or life where you need more support. What would asking for it sound like?
 - **Weekly Challenge:** Each day, check in meaningfully with someone who always seems “fine” - and let them know you’re a safe person to talk to.
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Key Learning Outcome

Asking for help is a courageous and necessary act. True care settings make space for honesty, mutual support, and the freedom to be human.

How to Use This Resource

Use during wellbeing training, peer support sessions, or any discussion about team dynamics. Pippa’s story opens the door to meaningful conversations about vulnerability, support, and emotional safety.

Date:

Time:

Place:

Name of presenter:

Names of staff in attendance:

Name of service users taking the lesson:

Feedback: