

Seeking Help for Burnout: When to do it, who to ask, & how to get help

Asking for help can be hard for some people; it might be hard to admit that you are struggling or need help. Everyone struggles from time to time; however, you might need additional help if you feel burnt out or heading for burnout.

When should I ask for help?

It is never too late to seek help; it is also never too early to seek help either. Prevention is the best solution to deal with burnout. If you recognize the signs and ask for help when you see early warning signs, you will be saving yourself a lot of time and energy. The later you leave asking for help, the harder it will be.

Who should I ask?

There are many avenues you can take when asking for help. Here are some ideas:

- Friends and family
- Manager at work
- Human Resources
- Your assistance program
- GP
- Therapists. Ask your general practitioner for a referral, or search online for help in your city.
- Federal Government resources such as [Health Canada](#).
- Charities such as the Canadian Mental Health Association ([CMHA](#))

How should I ask for help?

You might know that you need to ask for help, but don't know how. It might sound daunting to you. The fear of rejection is common, and this often stops people asking for help; they would rather avoid the rejection than being helped. It's important to remember that most people want to help—after all, it feels good to help others. Most people would agree that they would rather lend a hand to a friend than allow that person to suffer in silence.

Here are some tips to help you:

Choose someone you trust. It's really important that you ask for help from someone you know will listen to you and take you seriously.

Communication. Work out the easiest way you are able to ask for help; if you feel too embarrassed to talk to someone face-to-face, can you write it out in an email, send a text, or write a note.

Be clear and direct. Now you have established what help you want, be clear asking for it. Make sure to include the outcome too, for example, in an email to your boss you might say, "I am feeling overwhelmed and burned out, I need help and would like you to tell me what support is available."

Try different avenues. You might need to try different avenues of support to see what one works for you. You might want to speak to friends, contact your GP, and speak to your manager.

Keep asking. It's easy to stop asking for what you need after you have done this once. It's important to keep getting, and asking for, the support you need. You might need different levels of help at different points.

Have back up. If you find it hard to be assertive, take a friend with you to the GP or ask for a family member's advice on a work situation.

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