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Figure 3: Suggested help-seeking option

MY SELF HELP TOOL

Save for later

Results

On this page you will see how well all the help-seeking options score for you, based on the answers you have given. *My Self-Help Tool's* suggestion is highlighted in a darker colour.

- If you would like to see how changing the importance weightings affects the scores for each of the help-seeking options you can do so by moving the length of the bars again.

Enter topic name here... Instance Identifier

Scores

Friends	Medium score
Parent/guardian	High score
School counsellor/nurse	Medium score
Teacher	Low score
GP (doctor)	High score
Drop-in/advice centre	Medium score
Boyfriend/girlfriend	High score
Telephone Helpline	Highest score (highlighted)
Internet	Medium score