### When you need help, do you find it hard to ask for it? [1]

- Yes, and it sometimes prevents me from getting the help that I need. 44% (98 votes)
- Yes, but I'll still ask anyway. 12% (26 votes)
- No, but I rarely ask for help. 4% (10 votes)
- No, I have no problems asking for help. 9% (19 votes)
- Sometimes. It depends on the situation. 31% (70 votes)

Total votes: 223

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Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

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Source URL: https://goaskalice.columbia.edu/polls/when-you-need-help-do-you-find-it-hard-ask-it
Links