When I'm struggling with problems, I talk about them with? [1]

- My family: 16% (30 votes)
- My friends: 20% (38 votes)
- A mental health professional: 5% (9 votes)
- Another resource not listed here: 5% (9 votes)
- More than one of the above: 19% (35 votes)
- I don't talk about it with others: 35% (66 votes)

Total votes: 188
If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: https://goaskalice.columbia.edu/polls/when-im-struggling-problems-i-talk-about-them-%E2%80%A6

Links