



Asking for Help After You Have Been Scammed

If it has been difficult for you to ask a friend or family member for emotional support after being scammed, this guide is designed to help you.

It is understandable that you are cautious about who to ask. You decide who and when to ask for help. You can decide not to ask for emotional support, too, or to only ask certain people. And, if a conversation doesn't feel helpful to you, you can also stop it at any time.

If you decide to ask for emotional support, first consider whether the person:

- has supported another person no matter what they thought about an issue or situation
- is unlikely to be judgmental towards others
- keeps others' secrets
- is not condescending or critical of others

Someone with these qualities most of the time is likely to be a good source of support. If you aren't sure about a person's ability to support you, you could consider approaching them with one of the

questions/statements below (or a similar one). The person's answer might help you decide:

"I need to talk to someone about a problem, but I'm worried about being criticized or that the person might think I'm stupid or make me feel worse."

"Have you ever known anyone who was scammed?"

"If I tell you about a problem I have, do you think you could be careful about the words you use and your reactions? I'm pretty sensitive about it and worried about being hurt even more."

If there still doesn't seem to be someone in your support system who can be helpful, you could try a support group or crisis line that is set up for people who have been scammed. There are also mental health professionals, clergy/spiritual leaders, or advocates who may be a good source of support.

Using these ideas will not guarantee that the person you ask will be able to support you in the way you need. However, it does improve your chances!