

Whale Foundation: Think About It-Talk About It-Don't Flip

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Winter 2000

Volume 13 # 1

It's never easy to admit that you have a problem. No one wants to go to "the doctor." Getting help when you need it is not a sign of weakness, it is not a sign that the "party is over," or that it's time to "grow up," not a cry for help, or asking for a helping hand. It is the realization that you are in the middle of a bad run. Maybe your problem is your drinking, drugs, depression, your guy or your girl, the company you keep or the company you work for. Don't go it alone. But remember it's your boat, grab hold of your oars or get your motor started, straighten it out before you flip. Talking with a friend can be your best source of feedback. If you can't find a friend, call The Whale Foundation help line at (520) 773-0773. All calls are confidential. It's not a sign of weakness. It's friends you can talk to. Avoiding the problem isn't going to make it go away. Getting drunk, angry and calling someone in the middle of the night to bitch them out isn't a solution; it's a sign that you really do need help. Don't make your friends watch you run until you hit the fence. One of the most helpless feelings that exist is watching a friend go under and feeling as though there is nothing that can be done to help. The truth is, if you need help, it's up to you to take that first step. Deal with it. Talking with someone about what is bringing you down can help. You are not alone.

To donate to or find out more about The Whale Foundation, write:

The Whale Foundation

7890 S. Ave. Bonita

Tucson, AZ 85747

Check Out The Whale Foundation online at: [www.thewhaler.org](http://www.thewhaler.org) or call : (520) 661-8739.

The Whale Foundation help line: (520) 773-0773.

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