

BBC RADIO ULSTER

THOUGHT FOR THE DAY

Monday 28th November 2011

My favourite headline of the past week was this:

'Student stuck in clothes horse cut free by firefighters'

Yes, it's true. A student at the University of Derby had to be rescued by the fire service after being trapped in a clothes horse for more than an hour.

Danielle Morgan explained that the clothes horse fell on her head when she fell off a bed. Apparently she had been 'horsing around' with her flat mates when the unfortunate accident occurred.

And what did her friends do when it became clear that Danielle was truly trapped? Yes, they did what most of us would do in such circumstances.

They laughed.

Then they filmed her.

Then they put it on Youtube.

However, they did end up calling the fire service. Can you imagine that phone call?

'Emergency services. Which service to you require?'

'Er.. fire service?'

'Where is the fire?'

'Er well, it's not, like, an actual fire. It's just my flat mate is sorta stuck in a clothes horse.'

Derbyshire Fire and Rescue Service used cutting equipment to free Danielle from the clothes horse.

So, once she realised she was trapped, she sought help.

It seems like the obvious thing to do. If you can't sort it out for yourself, ask for help.

So why don't we do that? Especially when staying stuck can be a lot more serious than getting trapped in a clothes horse.

We are living through difficult times, financially. Very few people are untouched. If you're struggling to make ends meet, worried about keeping up your mortgage repayments or feeling trapped by debt, don't put your head in the sand. All the best advice is for us to ask for help sooner rather than later.

It's strange, but somewhere along the line we seem to learn that to ask for help is a sign of weakness. We pick up this twisted message that strong people never need help. But of course, we all need help at times. It's not about being weak or strong. It's about being human.

Another problem that comes along with these tough economic times is the impact of money worries on our mental health. We can end up feeling anxious and depressed. We can get trapped in our own heads and start to feel hopeless. Again, if you're feeling like that, all the best advice is for us to seek help sooner rather than later. There are people who will listen and help and support you to look to a brighter future. We just need to ask.

So, if these economic times are hitting you hard and getting you down, please remember you don't have to stay stuck. Simply ask someone for help, today.