

Asking Others for Help

You and your family may need support from others. It can be hard to ask. Yet most of the time people really want to help, so don't hesitate to ask.

"Brian and I are not just brothers, we're best friends. When he got sick, it was so hard for me that I didn't feel like doing anything or talking to anyone. I felt down a lot, but I didn't let anyone know. Being at home wasn't much fun because Brian was always so sick. My math teacher noticed that I was different and asked me what was up. It's been good to have someone I can go to when I need to get things off my chest."
—Mike, age 18



People that you or your parents may ask for help:

- Grandparents, aunts, and uncles
- Family friends
- Neighbors
- Teachers and coaches
- People from your religious community
- Your friends and their parents
- School nurses and guidance counselors.

Ways people can help you:

- Help with homework.
- Talk with you and listen to you.
- Give rides to school or practice.
- Invite you over or on weekend outings.

Other things people can do to help around the house:

- Buy groceries or run errands.
- Make meals.
- Mow the lawn.
- Do chores around the house.

What are some other ways that people can help you?

List some ideas here:
