



FIVE FOR FAMILIES IDEA

## Speak Up

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A key tool you have for meeting your family's needs is the ability to find information and resources and to request help.

**Network with others:** Those with similar needs or experiences are often the best sources of information for how you can get your own needs met.

**Share your struggles:** Your loved ones and community can't help if they don't know that you need it.

**Ask for the kind of help you need:** Be clear about what would truly be helpful to you and your family.