

Focusing on...

## Knowing How to Find Help



Absolutely everyone needs help. Parenting involves so many unexpected changes and unplanned difficulties that parents continually need new connections, resources and sources of support.

**REMEMBER: Knowing How to Find Help = Concrete Supports in Times of Need**

## Tips

### Ways of asking for help...

#### How:

- Watch what others are doing and where they are going.
- Listen when others are having conversations about resources that you might need. Most people enjoy sharing what they know.
- Ask. Be persistent. Keep trying.

#### What:

- Be clear about what you need
- Be reasonable. Make certain that you are asking the person who has the ability or resource to give.
- Be courteous, but firm.

#### Where:

- The place to go depends upon on the type of help you need.
- Libraries, family resource centers, faith-base organizations and health care centers are all places where you can get more information about resources.

#### Who:

- Your social connections, especially friends and relatives, are a great source of help.
- Acquaintances can provide different, but equally important support.
- Professionals provide yet another type of assistance.

## Information

[Independence vs. Needing Help](#) Brene Brown shares that independence may be important, but needing help and being needed are the bonds that give life meaning.

[Asking for Help is a Strength Not a Weakness](#) Michelle Sullivan is a great storyteller whose physical limitations make her an expert on seeing the need for help as strength instead of a weakness.

[How to Ask for Help and Why It's Awesome](#) Mastin Kipp's video explains what it means to ask for help and why you should do it.

[Seven Ways to Ask for Help \(And Get It\)](#) This article explains seven concrete ways to ask for help.

---

## Resources

[211](#) is for everyone! Check out the website or call the free 24/7 helpline to talk to trained resource specialists to connect to community, health and human service resources.

[Well Badger Resource Center](#) This website provides health information and referral services through the site or by phone, text, chat, email and text. Services include mental health and substance use, financial assistance, pregnancy and parenting support, health care services and coverage, financial assistance and resources for children with special health care needs.

[Family Resource Centers](#) seek to meet the needs of all children and families in their community through fun activities, programming, places to gather and socialize, parent education classes, connecting families to other community resources. They also often provide items such as diapers, books, car seats, meals, craft kits, toy lending, and kids clothing all at no or low cost.

[Libraries](#) are not just books and information. Many have programming for children, families and adults, including story times, book discussions, art shows and classes, music events and writing classes. They offer meeting spaces, access to Internet and technology. They often provide job assistance, computer training, tutoring and literacy classes and host community partners who offer career or legal advice. They publicize community events and happenings. Best of all they offer all of these services for free or at low cost.

[Child Care Resource and Referral Agencies](#) Find up-to-date lists of childcare providers near you with openings as well as information on how to select the best quality and fit for your family.

[Community Action Agencies](#) These regional organizations are located throughout the state to coordinate services such as job training, energy assistance, food distribution to food pantries, housing assistance, health services assistance, legal and violence prevention services, parent education and childcare referral.

[Community Centers and Recreation Departments](#) Most Wisconsin communities have organizations or groups that coordinate and/or provide space for sports activities, community education classes, arts activities, outdoor spaces and parks, and fun community events.

[Wisconsin Wayfinder](#) supports families of children with delays, disabilities, special health care needs, and mental health conditions.