

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

[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

[Well Badger Resource Center](#) This website provides health information and referral services through the site itself, www.wellbadger.org, as well as by phone, text, chat, email and text. Types of services include mental health and substance use, financial assistance, pregnancy and parenting support, health care coverage and services, financial assistance and children with special health care needs.

[211](#) Call this free 24/7 helpline to talk to trained resource specialists who can connect you to community, health and human service resources.

[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.