

# How to Ask for Help

Everyone needs help. Don't be embarrassed. We all depend on each other.



1

## Get ready.

Figure out exactly what you need help with. Be specific. Think of the “**what, when, and where.**” Have the things you will need ready, like cleaning supplies for cleaning.



2

## Think of helpers.

Who can help you solve this problem? Only think of people you trust. Think of the right person for the job. (If it is a medical problem, call your doctor.)



3

## Ask politely and give a reason.

A helper will want to help more if you are kind. Take a breath. You will be more polite if you are calm. “You get more with honey than you do with vinegar.” Explain why you need help. A helper will be more helpful if they understand why you need them. Start with, “I'd like to ask you for help.”



4

## Make an agreement and participate.

Make sure the helper knows what you need. Clearly agree on what help you will be getting and if they want anything in return. If you are able, work **with** the helper rather than watching them help you.



5

## Say thanks!

Helpers are more likely to help you again if they know you appreciate their time and work. Send a note, give a hug, or just say, “Thank you.” Explain how their help made a difference for you.