



Where to Turn?

We all need to rely on others from time to time. When we are in the middle of a stressful situation, it can be difficult to think about who we can rely on for specific needs. Use this guide to think ahead about the people in your community you can ask for support when you need it.

Each space defines a specific need that you might want to ask for help with. Think about the people in your life, whether it's a friend, family member, neighbor, or other source of support, and write down where you might turn to ask for help in each category. It's okay if you do not have someone for every category. Part of this exercise is to help you look at areas where you might need to seek support and build your network.

When I need someone to watch my kids/pick up my kids, I can ask:

When I need someone to run a small errand (pick up medication, go to the post office, bring milk, etc.), I can ask:

When I need someone to walk the dog, I can ask:

When I need to talk after a particularly hard day, I can turn to:

When I need someone to help me with a meal, I can ask:

When I need someone to come over while I (take a shower, do an errand, complete a quick task), I can ask:

Use these lines to fill in your other things you need help with and people/networks you can turn to for support:
