



Concrete support in times of need

It's okay to ask for help!

Sometimes it is hard to ask for help because it means we are not fixing our own problems. It feels like we have failed ourselves, our family and/or maybe our friends. But everyone, (and I mean everyone) needs help at times. Life is not easy and throws many curve balls! So if you need it, ask for help.

Things to think about:

- What do you need to _____ (stay in your house, keep your job, pay your heating bill, etc.)?
- What have you done to handle the problem? Has this worked?
- Are there community groups or local services that you have worked with in past? What has been your experience accessing their services?
- Are there specific barriers that have made it difficult for you to access services in the past?
- How does dealing with these issues impact the way you parent?

If your family, friends, church or other resources cannot help you, your best bet is to CALL 211. Sometimes utilizing their website can be confusing and frustrating, but if you call 211, they have trained local professionals to help you find the resources you need.

**HELP
STARTS
HERE.**

FREE • CONFIDENTIAL • 24/7

2-1-1
Get Connected. Get Help.™

CALL
Dial 211 on
your phone

CHAT
Live chat 24/7 at
211nemichigan.org

TEXT
Text your ZIP
to TXT211