

Who Can Help Me?

This quick inventory will help you identify the people in your life who are willing to help you. As you complete each question below, make sure you write down *every* name that comes to mind. Don't omit people you think are "too busy." In some cases, the names you list here will end up directing you to additional sources of help.

Describe your need: (You may want to complete a different inventory for each individual need.)

- | | | | |
|--------------------------|----------------------|--------------------------|--------------|
| <input type="checkbox"/> | Financial assistance | <input type="checkbox"/> | Clothing |
| <input type="checkbox"/> | A place to live | <input type="checkbox"/> | Child care |
| <input type="checkbox"/> | Food | <input type="checkbox"/> | Other: _____ |

Who Do You Trust? If you had to leave your kids with someone right now, who would you call? The answer provides a pretty good indication of who you trust. Most likely, this list will include family members who live nearby, as well as your closest friends and neighbors. Make a list of the people who come to mind: _____

Who is Skilled in Your Area of Need? These are people who may either be able to help you directly, or put you in touch with other people who may be able to help. (For example, a financial planner you know from church might be able to put you in touch with a reputable organization that could provide credit counseling.) Make a list of the people who come to mind: _____

Who Do You Respect or Hold in High Regard?

There might be people in your life who you don't know very well, but who you have a lot of respect for. These individuals might be excellent sources of help. Make a list of the people who come to mind: _____

Who Do You Know or Whom Can You Contact From Your Child's School? From Your Work?

There are people with whom you come into contact regularly who might be able to help. Consider your child's teachers, principal, the nurse, or the school guidance counselor. Also, consider your co-workers, your supervisor, and even your human resources office. Make a list of the people who come to mind: _____

Who in the Community Might Be Able to Help? Is there a church or synagogue nearby you can call? How about a YMCA? These organizations might be able to put you in contact with other community-based help organizations that can assist you. Your local phone book can also help you think of organizations in your area. Make a list of the community organizations in your area: _____

What Government Help Might Be Available to You? To find out whether you qualify for assistance, go to: <http://www.govbenefits.gov> or check your local phone book for a listing of government agencies in your area.

Guess what?

You've just created a network! Begin contacting these individuals and organizations as soon as possible to share your need. Even if they can't help you themselves at this time, they may be able to point you in the direction of others who can. *Go ahead – you can do it!*