

“If I Need Help” Form

There may be times when I may need someone to help me. If I need help, some of the people to whom I could turn to are listed here.

I could get help from these people at my school: Phone:	I could get help from these members of my neighborhood (or church/ synagogue) Phone:
I could get help from these friends: Phone:	I could get help from these members of my family: Phone:
I could get help from my case-worker: Phone:	I could get help from my counselor: Phone:
If there is an emergency, I could call the emergency room at this clinic/hospital: Phone:	If there is a medical emergency and I need help right way, I could get help from: DIAL 911

Resource: Kolko, D. & Cupit Swenson, C.; adapted from Wilson et al. (1986).