

# “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:  <b>DIAL 911</b>

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