

TOOL 06

When I Need Help

PARTICIPANT TOOL • GENERAL EDUCATION

Know who to ask, how to ask, and what to say — for the everyday situations where asking for help is the right next step.

Situation	Who I can ask	How I can ask	What information I need to give
I am unsure what to do			
I notice a health / function change			
I do not feel safe			
I cannot complete my usual routine			
I need professional review			

My preferred words for asking for help

If there is immediate danger in Australia, call 000.