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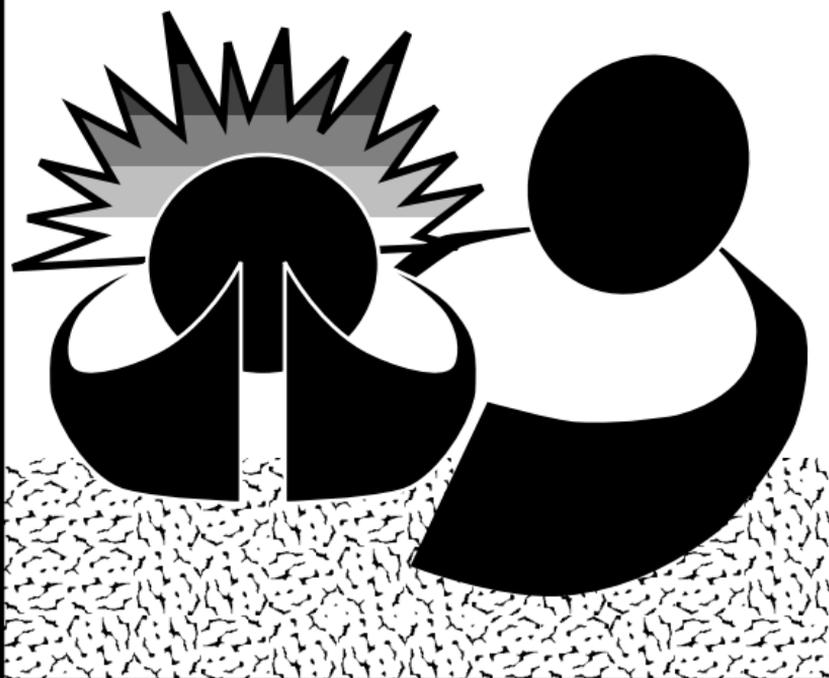
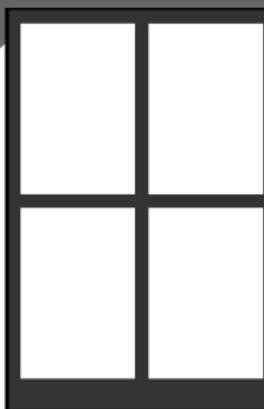
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Leaflet 254



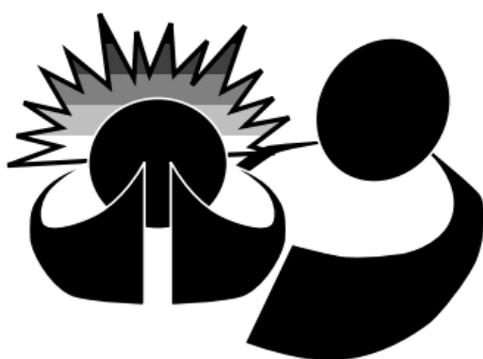
***Parents of Preteens:
Show You Care***

**Get Help When
You Need It**



Educating People To Help Themselves

Parents of Preteens: Show You Care



Get Help When You Need It

Most parents of preteens have some tough times. You may feel alone and helpless. You may feel out of control. When you need help, you should ask for it. There are people ready and able to help you.

There are many ways to get help. You can get help from family members, friends, and neighbors. Schools and community and religious groups can also help. A social worker can answer questions and solve problems with you.

The phone book is another good place to look for help. You can find places to go for food stamps, jobs, medical care, and health services. You also can find help with alcohol or drug abuse problems through the phone book. Most of these services are listed under county, state, or Federal government.

When you go for help, you will need to fill out some forms. You may have to speak with many people. You also may need to visit more than one time. It may take longer than you expected. Do not give up. Keep trying until you get what you need.

Ways To Find Help

- Ask neighbors and friends where they go for help.
- Check with someone at your church, synagogue, or temple.
- Talk with a social worker at the County Social Services Department.
- Call 411 for information.
- Look at the government listings in your phone book.
- For legal problems, check the phone book under county government for free legal services.
- If you have a crisis, call a Hot Line or Crisis Center.
- Keep trying until you get the help you need.

Other leaflets in the *Parents of Preteens: Show You Care* series are

L 249 Tell Your Preteens What You Expect

L 250 Prepare Your Preteens for Body Changes

L 251 Help Your Preteens Do What Is Right

L 252 Help Your Preteens Make Friends

L 253 Help Your Preteens if You Separate

L 255 Help Your Preteens Succeed in School

L 256 Boost Your Preteens' Self-Esteem

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