



ILO Self-Advocate Life Skills

Safety

Tips for Asking for Help and Calling 911

Calling 911

1. Try to remain calm.
2. Know your location.
3. Be aware of your surroundings.
4. Don't hang up.
5. Let the 911 dispatcher guide the conversation.
6. Be patient.
7. Follow all directions.

Asking Others for Help

How?

- Be direct - say, "Can you help me?"
- Be specific about what you need.
- Ask questions if you don't understand.
- Show respect - be willing to listen.

Always . . . say, "Thank you"

Why?

- Sometimes asking for help is the fastest and best way to figure things out.
- And . . . most people *like* to help and *want* to help.