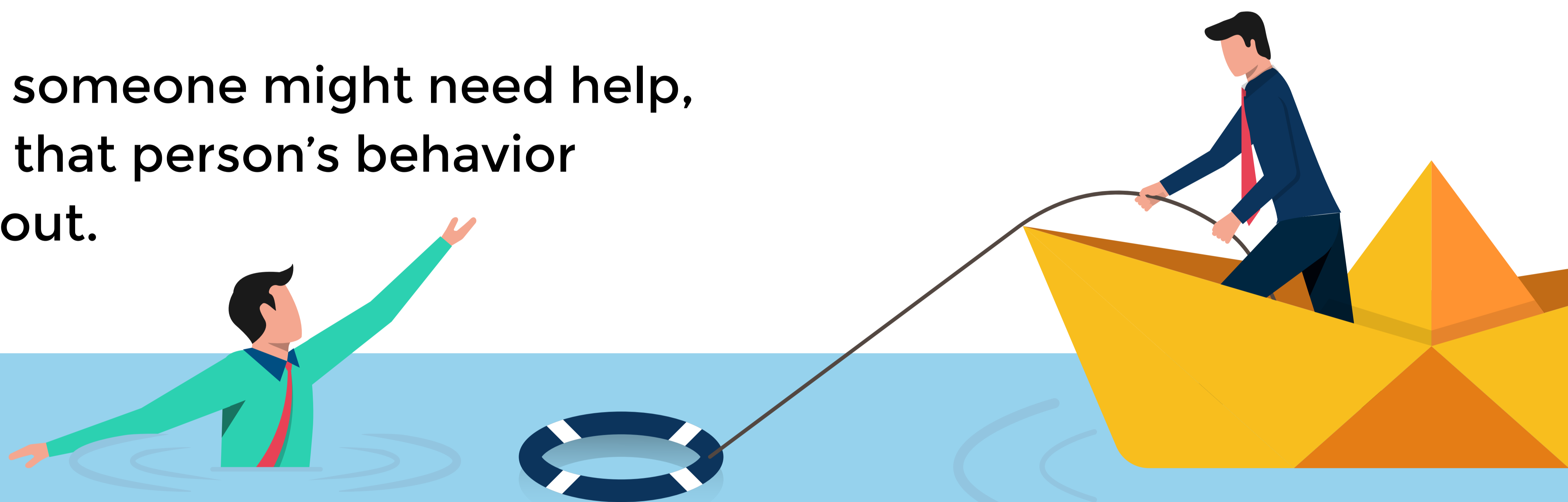


Identifying and Helping THOSE WHO NEED IT



To help identify when someone might need help, pay attention to what that person's behavior and what they talk about.



**IF YOU DON'T
KNOW HOW TO
HELP SOMEONE,
ASK HOW
YOU CAN HELP.**

**GIVING TO OTHERS CAN BE AS SIMPLE AS A KIND
WORD, A SMILE, OR A THOUGHTFUL GESTURE.**



**HELPING OTHERS
CAN BENEFIT
US AS WELL AS
THE PERSON
WE'RE HELPING.**

**Giving to others helps us connect with people and meets
the basic human need of relatedness.**