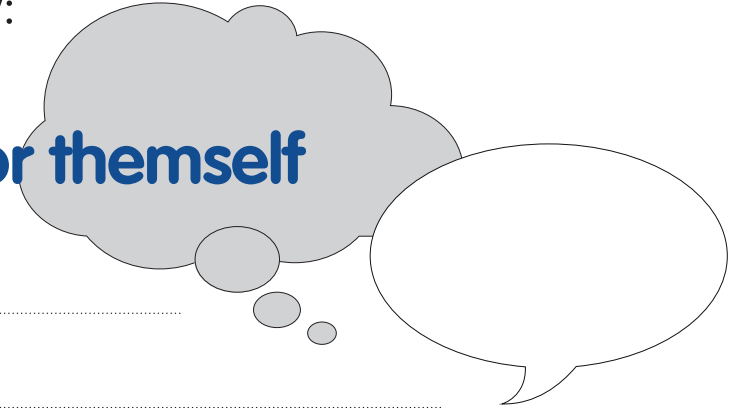


Asking for help

Look at the 'Points to consider and key messages'
and write your answer below:



How a person could get help for themselves



A series of ten horizontal dotted lines for writing the answer.

Asking for help

Look at the 'Points to consider and key messages'
and write your answer below:



How a person could get help for a friend



A series of ten horizontal dotted lines for writing the answer.