



Asking for Help Resources

July 2026

1. Creaky Joints: [19 Ways to Ask Loved Ones for Help \(Without Feeling Like a Burden\)](#)
2. Michigan State: [Asking for Help When You Have Chronic Pain](#)
3. National Institute on Aging: [How to Find Reliable Health Information Online](#)
4. Apicopain: [How to Talk ... with Friends, Family or Employers: Getting the Support You Need](#)
5. Psychology Today: [4 Tips to Effectively Ask for Help- and Get a Yes](#)
6. YouTube: [How to Become Comfortable Asking for Help \(4:35\)](#)
7. Department of Veterans' Affairs: [Pain Coach – A Free App for People with Pain](#)
8. Psychology Today: [How to Ask for Help So You Get What You Need](#)
9. YouTube: Asking for Help: [Why it's Hard, but Important...and How to Do It \(6:58\)](#)
10. Healthline: [How to Support Someone with a Chronic Health Condition: What to Do and Avoid](#)
11. UCLA Health: [Free Guided Meditations in Multiple Languages](#)
12. Psychology Today: [In an Age of Vulnerability, Why Is Help So Hard to Ask For?](#)
13. Invisible Disabilities: [Where to Begin: Finding Help During Chronic Illness](#)