

Small things that often help

When a tough time hits, it can feel overwhelming to think about how other people could help. So when someone says, “Let me know if you need anything,” it can feel simpler to just say, “I’m fine.”

But people do want to help. And having even one thing taken care of can take a load off your shoulders. Here’s a list of the most common things people ask for. Use it to see what might help make things easier. And remember, letting people help is part of how we get through tough times.

The top 10 tasks people ask for

These are the most common tasks shared through the Gather My Crew app:

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|  Come for a visit |  Drop off groceries |
|  Cook dinner |  Walk the dog |
|  Transport to an appointment |  Help with some light housework |
|  Take the kids to school |  Give the carer a break |
|  Do the laundry |  Arrange a playdate |

If something on this list would help, you’re allowed to ask for it. You can explore more practical tools in our Resources section, or ask someone you trust to help coordinate offers of help and care. If it feels easier, the Gather My Crew app can keep everything organised in one place.