

Try out some of these phrases when you are talking or writing about **help** given or received, or when you are describing someone as **helpful**.

### helping someone

aid and abet

come to the aid of someone *or* come  
to someone's aid

do someone a good turn

give someone a leg up

be of service to someone

come through for someone

give/lend a hand

lighten someone's load

### doing all you can to help

lean/bend over backwards

take great pains

### someone who is helpful

a life-saver

an angel of mercy

a tower of strength

worth their weight in gold