

# The Nottingham healthy child accesses help when they need it by...



**ACHIEVE WELL TEAM**

Empowering wellbeing,  
elevating achievement

Reaching out  
to others when  
they need help

Speaking to a  
trusted adult

Speaking to a  
friend if they  
feel alone

Knowing  
it's better  
to talk  
about their  
worries

Knowing where  
to go and who  
to talk to when  
they are upset

Expressing their  
feelings so  
others can help

Who can  
help you  
when you  
need it?



These tips are shared by Nottingham children.



**Nottingham  
City Council**