

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**