

GOOD HEALTH

starts at

HOME

**"I didn't know
who to turn to."**

There are a number of people a child or young person can speak to if they are experiencing low mood or anxiety.

Some schools have a school nurse, they can also speak to teachers, youth workers or group leaders.

Children can also be directed to national charities aimed at mental health support for outside advice and support.



Find out more
here about
how good
health can
start at home.

