

GOOD HEALTH

starts

ONLINE

**"There is always
someone available
to listen."**

Early support can prevent
mental health crisis.

There are lots of online
resources available for
children over five to access if
they don't feel comfortable
speaking to a person.

Direct them to online tools such
as the NHS app and helplines
for advice and support.



Find out more
here about
how good
health can
start online.

