

Early help guide: For up to 10s

By Slough Children First

If you feel worried about anything, you should **speak** about it, before things get worse!

If something is not good at home or school, for example: you can't do your homework on time, please tell someone you trust.

Adults can talk and **support** you and your family!

Grown ups call this '**early help!**'

Accessing help from adults you trust can often stop things getting bad. No one is in trouble, it's all about **helping** you and your family!

Early help is for **everyone** no matter how old. Sometimes people may need support, so it's good to ask for it as soon as possible.



**A vision for children and young people to be
Happy, Safe & Loved, Thriving!**