

# THE HELPING HAND

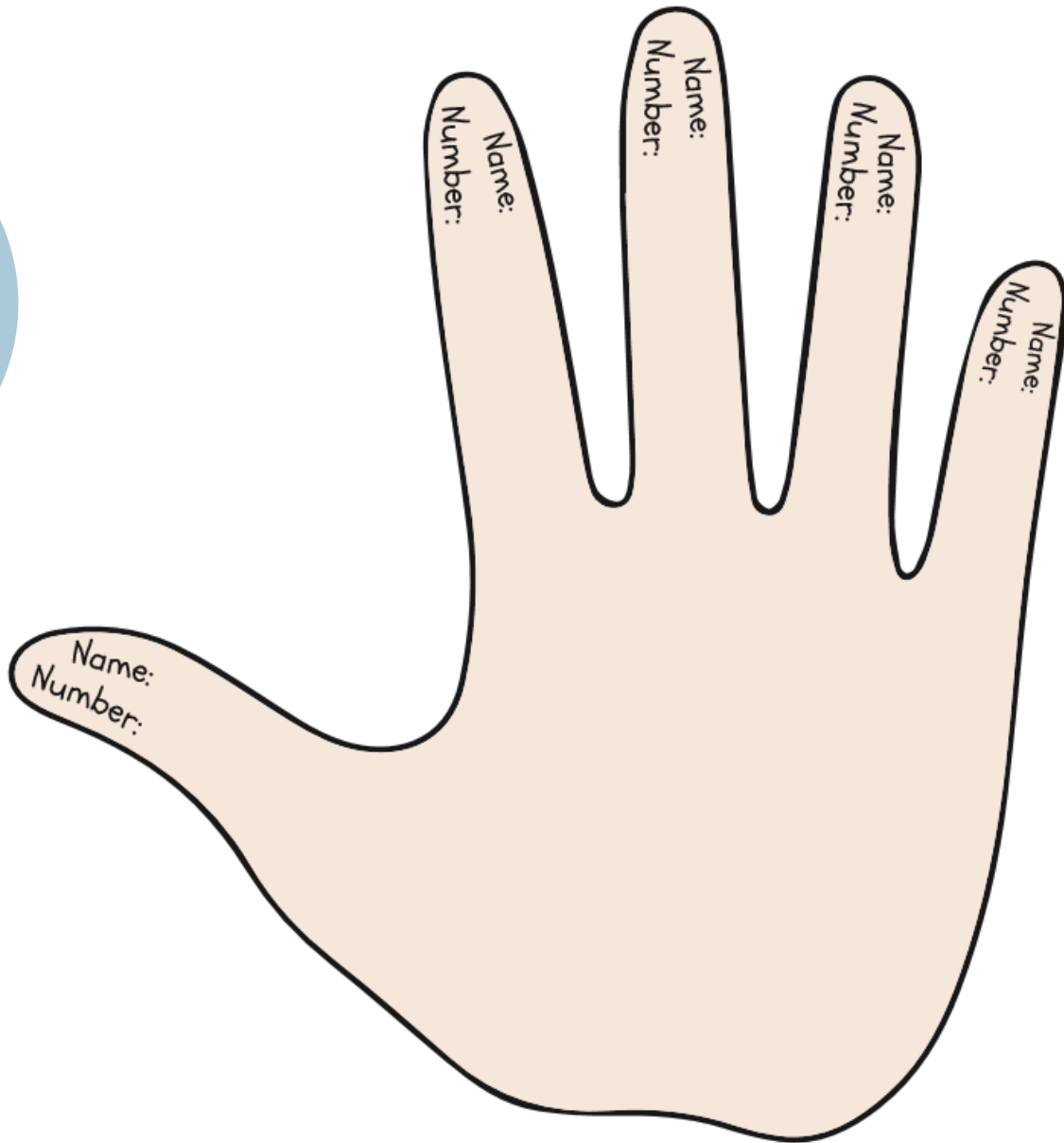
LET'S TALK ABOUT WHO CAN  
GIVE YOU A HELPING HAND

ELIZABETH MORGAN HOUSE ABORIGINAL WOMEN'S SERVICES

Can you think of five people that you can talk to if you feel worried about something?

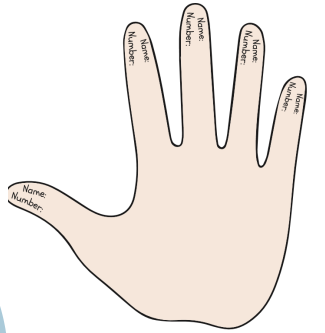
A trusted person may be a teacher, a relative or a friend's mum..

Who makes you feel safe and comfortable? Write their name in the fingers.



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The Helping Hand tool provides an opportunity to speak with children about who they can talk to if they feel worried or scared. The hand reassures children that there are people who care and are available to support them with anything that may worry them.

## STEP 1

Identify with the young person who they feel safe to talk to, someone they can trust.

## STEP 2

Place the name and contact number within the hand.

## STEP 3

Advise the "safe person" that they have on the "Helping Hand" and discuss what this may involve. Possibly an agreement between the carer/parent and the trusted person

## STEP 4

Keep the hand in a safe place, maybe somewhere in the bedroom or provided to the school for the young person to access when wanted.

The Kids Helpline 1800 55 1800 might also be useful for to be added to the hand

