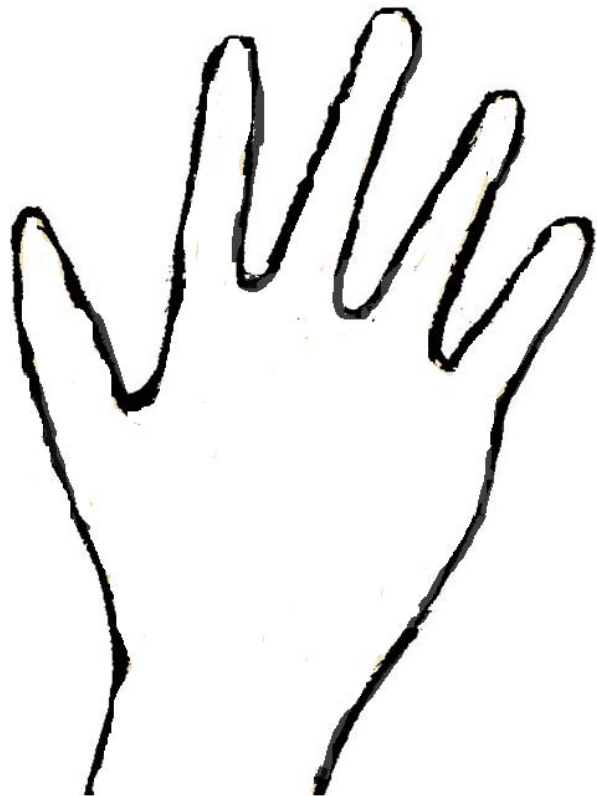
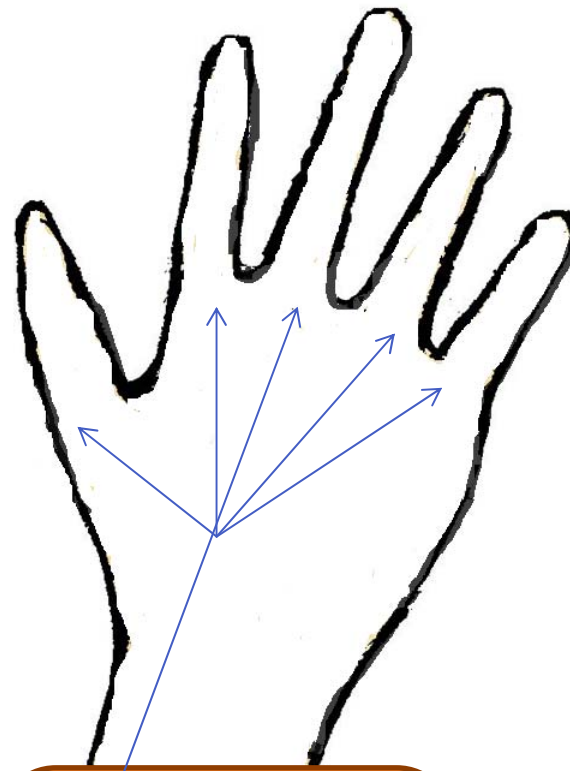


Help! I need someone to Talk to...

Draw your own **Helping Hand**



Step 1
Draw around your hand.



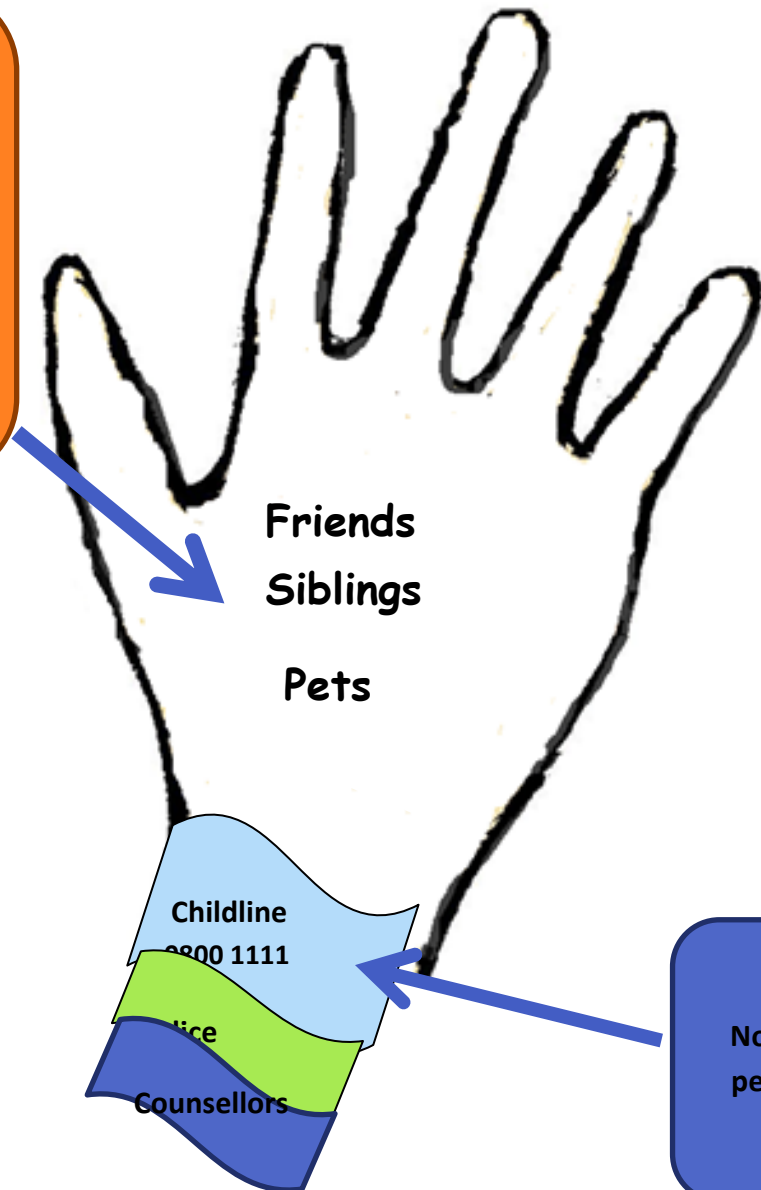
Step 2...Now write on the fingers and thumbs the adults you can trust and you know will listen

A Helping hand is a really easy and useful tool that you can use when you need to talk to someone.

Top tip... try to put down adults from different places, e.g. Home, School, After School Clubs.

Next page...

Step 3...Next, on the Palm write or draw your friends, Pets, Gods, Toys or anything else you may find useful talking to.



**Friends
Siblings
Pets**

**Childline
0800 1111**

**ice
Counsellors**

Step 4
Now write up the sleeve the people who are paid to help you.

Step 5...Just remember to use it when you need someone to talk to

Top Tip Decorate the other side of your helping hand however you like and put it where you'll be reminded to use it. On your bedroom wall or mirror maybe?