



# A TOOLKIT FOR SAFETY, HAPPINESS & HEALTH

**Tool kit for safety  
happiness  
and health**

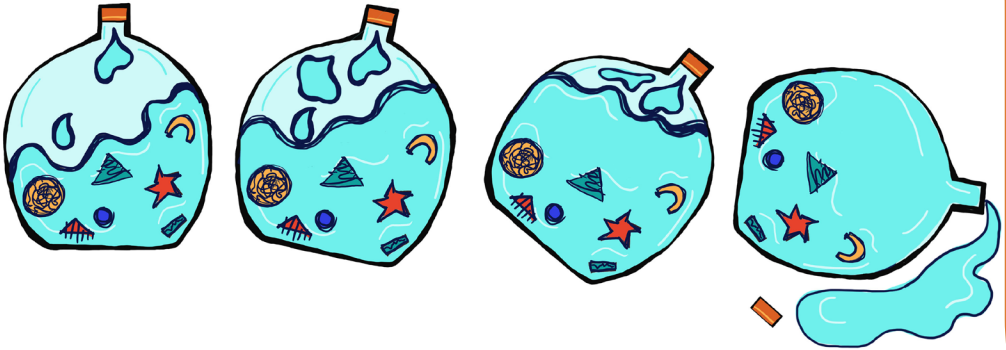


This is by young people

for young people



## Why would you want it?



To stop smaller problems getting too big and overflowing

# Whatever you're worried about, it's okay to ask for help

It can help those facing violence



It can support you with your mental health

It can help families struggling to afford food or other essentials

**We are all different so are the tools  
we need to get us through the difficult times,  
but whatever the problem  
there is always someone there you can go to.**





Guidance



Self-care skills



Community



Stability

## What might be in a tool kit?



Education



(Mental)Health



Support




Safe Space





How can you get  
the tools  
you may need?



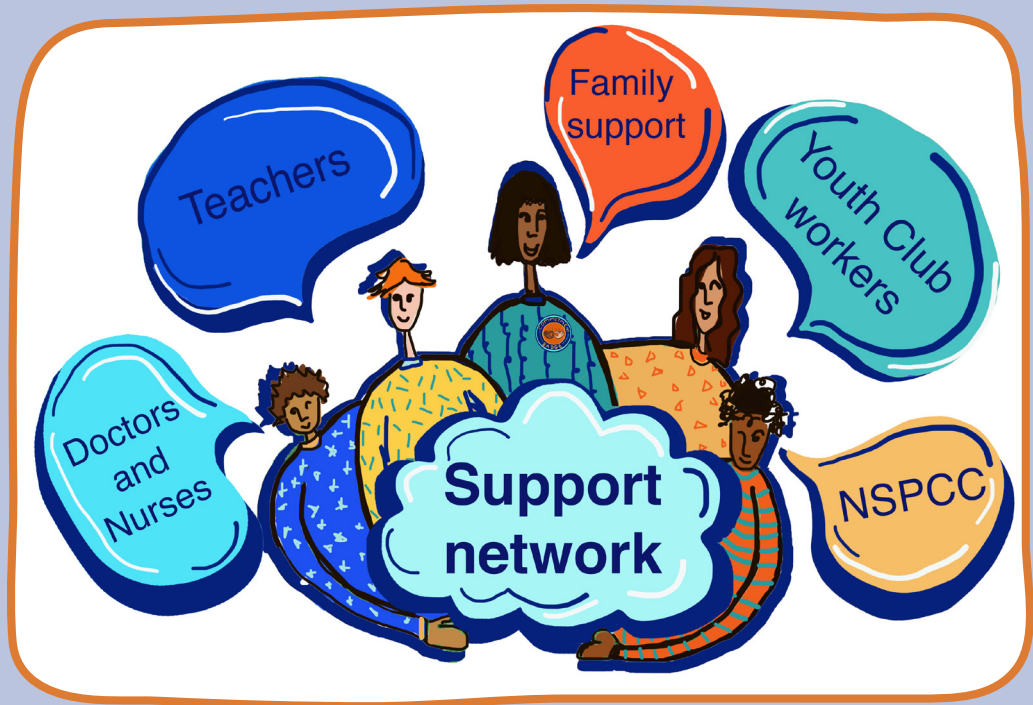
There is no  
wrong door

The role of the person  
isn't important  
as long as  
you have someone  
you can go to

They have a  
commitment  
to help you







Teachers

Family support

Youth Club workers

Doctors and Nurses

Support network

NSPCC



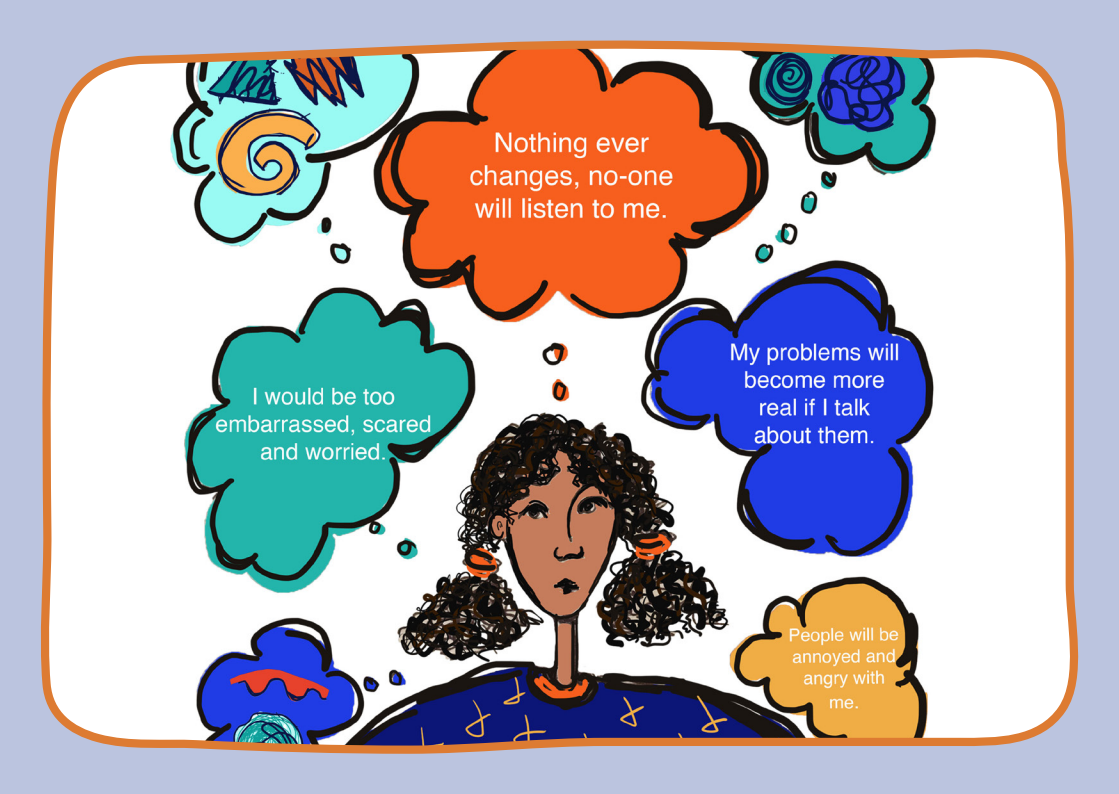
<https://www.cumbriasafeguardingchildren.co.uk>



For more  
support  
go to ...

**What happens next?**



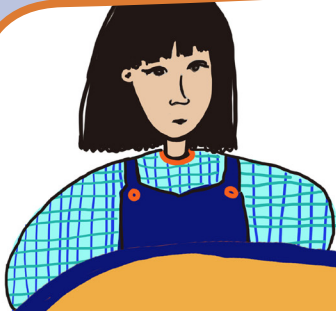


Nothing ever changes, no-one will listen to me.

I would be too embarrassed, scared and worried.

My problems will become more real if I talk about them.


People will be annoyed and angry with me.




I don't have the confidence to talk to someone.

You can talk to someone you trust: a teacher, teaching assistant, youth club worker. It doesn't matter who they are. We are committed to get you the tools you need.





I might be bothering people.



You won't be, there is no wrong door. Whatever you're worried about it's okay to ask for help.



Everyone will  
find out.

What you say is  
confidential. However, if  
you or someone else is at  
risk they will explain to you  
who will need to be told and  
how they can help.





You will be offered support.  
You will not be told off.

It's okay to feel  
sad, hurt or scared.  
Just talking about it  
can help.

If you think  
no one is  
listening to you,  
you have the  
right to  
complain.

You have to be  
on board  
with what you need,  
to get the correct  
support for you.





Everyone and every family is different

so we all need

different tools to help us

**It will stop your problems  
from becoming too big.**



<https://www.cumbriasafeguardingchildren.co.uk>



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# NOTES





# FOR MORE SUPPORT

Please visit [cumbriasafeguardingchildren.co.uk](https://cumbriasafeguardingchildren.co.uk)

# WITH THANKS TO

Alice Burford Artist for the wonderful illustrations and all the young people at Cumbria Safeguarding: Youth Voices for collaborating with her on them.



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