

# Early help guide

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FOR YOUNG PEOPLE



## WHAT IS EARLY HELP?

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Sometimes young people and their families have times when things can feel a little difficult or times when they need some extra help from other people. It is important that you know that you and your family are able to get help in your life and when thinking about your future. There are professionals who can support you. It is often easier to sort out worries and problems if you can get support while things are still at an early stage and this is called Early Help. Early Help can support with many different worries you might have, for example:



## DOES IT MEAN I'VE DONE SOMETHING WRONG, IS IT MY FAULT?

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Early help is not about fault or blame, it's about working together and listening to what you and your family need to help sort things out quickly. Young people need their views and opinions heard the same as adults.

## OK, I NEED SOME HELP! WHAT HAPPENS NEXT?

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Speak to your family, or a professional you trust such as a teacher, nurse, Connexions adviser or youth worker, to tell them what you're worried about and what help you would like. They will talk to you about your options and help you to find a way forward. They may, with your consent, refer you on to another service which can provide the right help. If there are immediate concerns about your safety, action may need to be taken and this may be done without your consent to protect you.

## WILL I NEED TO GO TO A MEETING?

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Sometimes when there are lots of different people working with you and your family it can get confusing. It helps when all the different people make time to sit down together to see what's working well for you and your family and what needs to happen next. This is called a TAF meeting (Team Around the Family).

You should be given the opportunity to attend the TAF meetings at the parts of the meeting that are relevant for you. They should help you to talk about what you think is good in your life as well as about anything that troubles you. You will also be able to think about what change has happened. If you prefer, you can write down your thoughts and feelings so they can be read out in the meeting, or ask someone to explain your thoughts on your behalf.

