

# Information for Children on Being Safe and Asking for Help



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



No one should  
hurt you

You have a  
right to  
be safe

Tell an adult  
you trust and  
get help



You have a right to feel safe at home, at school, in your community and when attending any service including HSE services.

Remember, it is NEVER o.k. for someone to hurt you and it's not your fault.

If someone is hurting you in any way you can get **HELP**. You can:

I'm  
scared...



**Tell** an adult you trust like a family member, teacher, youth worker, a doctor, a nurse or anyone in the HSE.



**Call** Childline on 1800 66 66 66.

Or



In an **emergency** call the Gardaí on 999.



If HSE Staff are worried about you they may need to contact Tusla - Child & Family Agency

