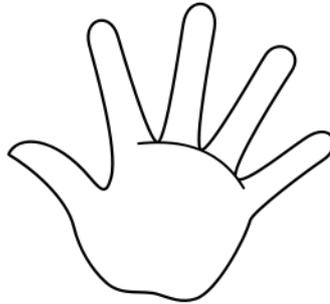




What to do when you are not sure...

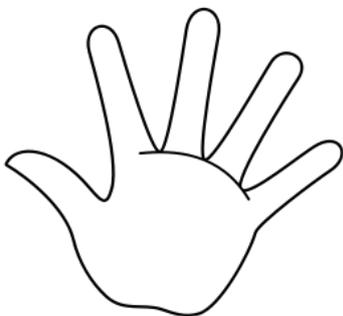
Who are the 5 people in your life you can turn to for help/support?



When you need to tell and talk to an adult:

- **S**uicide: thoughts, feelings, actions, personal or family /friends experience of
- **A**buse: emotional, sexual, physical
- **S**elf-harm: self-injury or self-neglect

Who else could you turn to for help and support in these circumstances: which adults?



Secrecy – can be lonely and will not make anything better, it can make things much worse

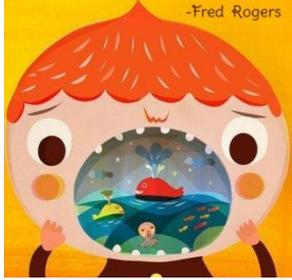
Privacy – telling an adult that can help, ensures you are safe and you get the right support for you or a friend. Early help means better outcomes

We cannot be responsible for the deep feelings or actions of others so we must open up to people who can support us – this is not a betrayal this is healthy.

There is **NO** shame in asking for help – if you have a headache you would probably take a paracetamol, if you or a friend is finding life tough, for whatever reason, etc. you talk to the right person to get the help you or your friend needs.

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



How can you start a conversation about how you feel with one of your adult supporters? What could you say?

What could you say to a friend if they tell you about something you know needs adult support?

ChildLine

Freephone **0800 1111** (24 hours) www.childline.org.uk

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

Get Connected

Freephone **0808 808 4994** (7 days a week 1pm-11pm) www.getconnected.org.uk

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

Samaritans

Tel: **08457 90 90 90** (24 hrs 7 days a week) www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

FRANK

Freephone **0800 77 66 00** (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers) www.talktofrank.com

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

STONEWALL

Use Stonewall's area database to find local lesbian, gay, and bisexual community groups, other generic services, and gay friendly solicitors.

B-EAT youth helpline

0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm)

Email fyp@b-eat.co.uk Information, help and support for anyone affected by eating disorders.

TheSite.org

TheSite.org is an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs.

HOPELineUK

Call: 0800 068 41 41 Email: pat@papyrus-uk.org SMS: 07786 209697

is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to;

Children, teenagers and young people up to the age of 35 who are worried about how they are feeling. Anyone who is concerned about a young person

Opening hours Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm