

Self-Help



- **Talk to someone you trust** – parents, grandparents, siblings, aunts, uncles, cousin, friends, teachers. If this is difficult talk to a doctor, nurse or online counsellor.
- **Do something you enjoy** – meet your friends, go outside, watch a favourite film, listen to music you can sing a long to, do something by yourself, have a bath, draw, write, get creative, bake a cake
- **Find ways to relax** – do some slow deep breathing & relax! Do some exercise, run outside, play with your friends or siblings, play a game or computer game, read a book, take a nap, say no sometimes and just chill
- **Remember the good things & celebrate you!** – write down all the things you enjoy, keep an inspirational journal or “Happy Box”, write an achievable to-do list
- **Get more help** – check out some helpful websites and Apps (see over)
- **Look after yourself** - Eat as well as you can, drink plenty of water, get 10 hours sleep, reduce your

Self-Help



APPS

[NHS GO APP](#)

[REZONE APP](#)

[CALM APP](#)

[CHILL PANDA APP](#)

[BLUE ICE APP](#)

[CATCH IT APP](#)

WEBSITES

[SAFA | Self Harm Awareness](#)

[Kooth online counselling](#)

[Child health 6-15 - Live Well](#)

[Health for Teens](#)

[Healthtalk.org](#)

[YoungMinds](#)

[Childline](#)

[NSPCC](#)

[The Mix - support under 25s](#)