

Wellbeing Self Help

Need help?

You can talk to the trained staff in school or your tutor

You can use these websites to talk to a qualified counsellor or just get advice and information

www.kooth.com

www.childline.org.uk

www.youngminds.org.uk

Asking for help can be hard, so here are tips to make it easier:

- Choose someone you feel safe talking to
- Plan what you want to say
- Make sure it's a good time to talk and that they aren't distracted
- You have control over how much you tell someone – you don't have to say everything if you don't want to
- If you're not sure whether they'll keep what you have said to themselves, you should first ask them before you start talking

www.childline.org.uk/info-advice/you-your-body/getting-help/asking-adult-help/



If you can't find the right words, the **Doc Ready** website can help you sort through your thoughts and make a list:

www.docready.org/#/home

Or an **advocate** can help you work out what you want to say:

www.cemind.org/our-services/young-peoples-advocacy.aspx

Poor breathing is a problem for many people living with anxiety.



Try these exercises to improve breathing and calm the body