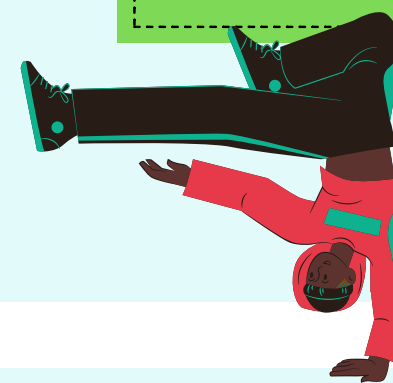


Hey, how are you feeling?...

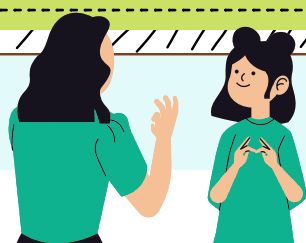
There are lots of things you can do to keep yourself feeling well:

- Getting a good night's sleep
- Spending time with friends and family
- Playing games or getting outside
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people

... I feel great! I am happy and healthy



... I'm okay, but I sometimes feel a bit worried or sad



It's normal to feel this way. We all experience lots of emotions and these can change over time.

Try some of the things in the box above and talk to someone about how you're feeling. This could be your friends, a parent or carer - or a teacher or adult at school.

If you're struggling, it's important to speak to someone. People want to help you. If you need it, you or your parents or carer can support you to get professional help. A good place to start is by talking to a mental health and wellbeing lead or trusted adult at school, or your GP.

You can also find free and safe support on these websites:

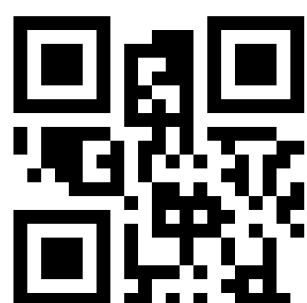
- Tellmi: www.tellmi.app/landing
- Health for Teens: www.healthforteens.co.uk

... I am struggling and need some help

... I am so upset or overwhelmed that I need help now

If you need to speak to someone urgently, you or a parent can call NHS 111, selecting option 2 for mental health. This is a 24/7 service.

If there is an immediate or life-threatening emergency, call 999 or attend A&E. People are there and ready to help you now.



For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.