



Hey, how are you feeling?...

There are lots of things you can do to keep yourself well and feeling good, like:

- Getting a good night's sleep
- Doing something you enjoy like playing games
- Spending time with friends and family
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people
- Spending time outside in nature

**... 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:

- Kooth: www.kooth.com
- 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 or carer can call the Mental Health Central Access Point on **0808 800 3302** or **NHS 111**. The lines are open 24/7.

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.**