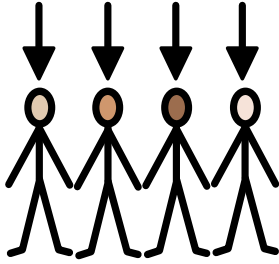
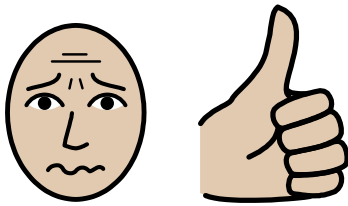




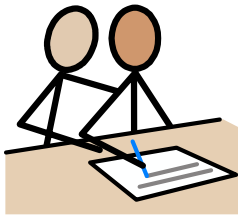
I feel really worried



Everyone gets worried.



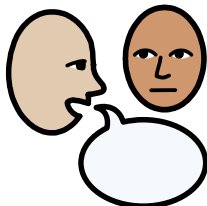
Sometimes **a little bit** of worry is a good thing



It can **help** us get things done



It is **unhealthy** to feel worried all the time



If you feel worried all the time you should **talk to someone**



If you're feeling really worried you might

	<p>Find it hard to concentrate</p>
	<p>Find it hard to sleep</p>
	<p>Feel angry</p>
	<p>Avoid situations you are worried about</p>
	<p>Cry</p>

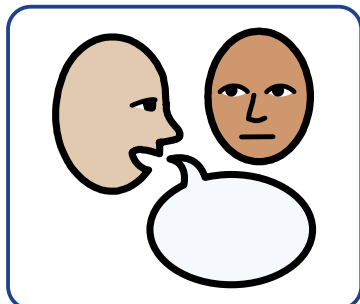


If you're feeling worried you could

	Listen to music
	Try Breathing slowly
	Exercise for example going outside for a walk
	Doing an activity that makes you calm
	Talk to someone you trust



If you're feeling really worried you could:



Firstly try talk to
someone you trust or...



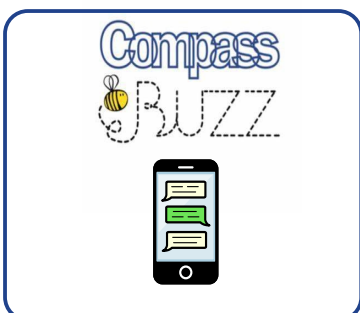
Call **0800 1111**



Text **YM** to **85258**

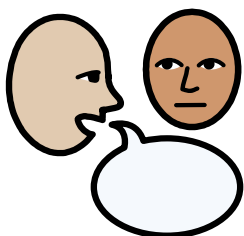


Call **116 123**



Text **07520 631168**

If you need urgent Help



Talk to your family, friends or someone at school you trust straight away.

111



Call **111** if you are unsure what service you need and want urgent advice



If you're feeling really sad and can't cope **call 0300 0134778 (Mental Health Crisis Line)**

999

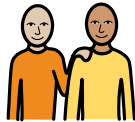


If it's an **emergency** or you are in **immediate danger** call **999**

Write down who you know who can help you



To complete with an adult



Friends



Family member



Doctor







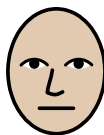



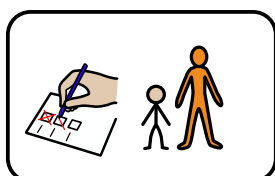
Teacher



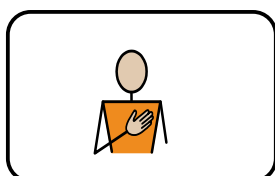
Other important
people

5 Point Scale - How am i feeling?

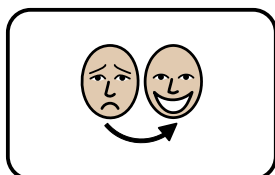
	 What it looks like	 What it feels like	 What i can try
5		Really worried	
4		Worried	E.G Talk to someone
3		Not fine	E.G Go for walk
2		Fine	
1		Happy	



1. Fill out the table with an adult



2. To understand how you are feeling



3. And what you can try do to help you feel better