

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing difficulties despite trying the tips in this leaflet
- continue to feel emotionally and physically exhausted
- are having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- have worries/concerns that make it hard to sleep or unable focus on other things
- feel low out of context or disproportionate to the reason why you might be feeling low, or if it impacts on your ability to cope with everyday life

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small

www.childline.org.uk
Support Line: 0800 1111

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 and 24.

www.kooth.com

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123	 In emergencies, call 999
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USEFUL APPS



SuperBetter



What's Up?



Headspace



Fabulous - Planner

Mental Health
Support Team
Portsmouth

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust



COPING WITH CHANGE



PICK-ME-UP



[pik-mee-uhp] noun

A pick-me-up is something that restores a person's energy, improves their mood, or generally lifts their spirits.

WHAT IS IT?

Change is a normal part of life, but it can feel difficult for us to cope with at times. Changes can be gradual or sudden, and last for differing periods of time. We go through all kinds of changes as we grow up – including moving to a new house, class or school, changes in friend groups and families. When things change, it usually involves leaving behind something you're used to. When this happens, it's important to remind yourself that while one thing is changing, it doesn't mean that everything else around you is changing too.

WHAT IT MIGHT LOOK LIKE

For some of us, transition and change can be particularly difficult. If you are struggling with change, you may experience the following:

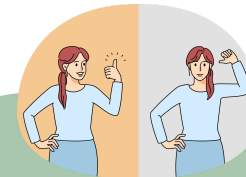
- Experiencing separation anxiety from a parent/carer
- Asking lots of questions repeatedly even when answers have been provided
- Seeking reassurance from others (verbal and physical)
- Regression behaviour (e.g. wetting/waking up in the night, talking with a baby voice, thumb sucking)
- Reluctance or refusal to go to school
- Becoming distressed or agitated when facing fear or even thinking about facing the fear
- Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint
- Difficulties doing things you need and want to do like going out, doing hobbies or getting into school.



You don't have to act as if everything is fine if it's not. Showing yourself some kindness, sharing your difficulties and completing some self-care is very important. Remember, all you can do is your best.

WHAT CAN I DO?

- Keep doing things that feel familiar outside of the change you are experiencing. This might be doing things you enjoy like watching favourite TV programmes, listening to music or keeping up with hobbies and clubs.
- Change can bring about many unexpected feelings, and talking them out or writing them down may help you process them. This will then make your emotions simpler to understand, which can help you find out what you need to make you feel better and help others understand how to support you.
- Prioritise yourself. It's okay if you aren't being as productive as you usually might be. Change is tiring and draining, so if you feel like you need to sleep in an extra few hours or watch your favourite film for the millionth time, then it's okay to do that.
- Planning out your day the night before can really help to maintain a level of normality in your everyday life. Structuring your time can make you feel much more in control of your situation, which can really help a surprising amount. Even if you're planning the smallest things, like getting out of bed and eating breakfast, it'll help you to structure your time and feel accomplished and ready for the day ahead.
- Consider talking to someone at school about what you are going through. Find out if there is a 'safe place' at school you can go if you are feeling worried or overwhelmed. Who are the safe adults you can speak to?
- Together with school, make an 'All About Me' book that includes information about your likes, dislikes, difficulties, and strengths to help inform a support plan.



Take a look at ChildLine's 'taking care of yourself' webpage for ideas.