

## 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
- Are having lots of negative thoughts
- Are struggling with your self-esteem
- Are finding day-to-day life is being affected
- If you think you are being bullied - this will need your trusted adults to be involved.

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

### Kooth

Kooth offers emotional and mental health support for children and young people. your GP or MHST can help with a referral for this.

[www.kooth.com](http://www.kooth.com)

### Childline

From information on difficult feelings, resources, and advice this website has all the helpful information to support and empower you to cope better.

<https://www.childline.org.uk/kids/>

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



Calm App



Pzizz



Headspace



Spotify

Mental Health  
Support Team  
Portsmouth

**NHS**  
Hampshire and  
Isle of Wight Healthcare  
NHS Foundation Trust



# FRIENDSHIPS



[pik-mee-uhp] *noun*

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

## WHAT ARE FRIENDS?

The word 'friend' might mean different things to different people, and also we might have different types of friends. A friend is often someone that you share a bond with. You may share some common beliefs and values with friends, and often, a friend is someone you trust and enjoy being around.

Friends can be in person or online, you might have a next-door neighbour friend, or a friend that lives far away. Some friends you might see every day, others you only see once in a while.

## WHY ARE GOOD FRIENDSHIPS IMPORTANT?

Good friendships can:

- Improve your mood
- Support you through difficult times and help with solving problems
- Help you to have good days and make memories
- Help you feel loved and cared for

Some friendships will last longer than others, but all friendships play an important part in your life!

## WHAT MAKES A GOOD FRIEND?

Is kind,  
respectful  
and listens  
to you

There for you  
no matter  
what, and will  
always have  
your back  
when things  
get difficult

Will  
encourage  
you to be a  
better person  
and inspire  
you to achieve  
more in life

Is trustworthy  
and willing to tell  
you the truth,  
even when it's  
hard for you to  
hear

Remember:

It's okay to not get on with some people and you may not like someone at first,  
BUT

Try not to judge someone before getting to know them.

## HOW CAN I BE A GOOD FRIEND TO OTHERS?

Having good friends is important, but it's also important to be a good friend in return. You should aim to be the type of friend that you would wish to have!



Be a good listener

Help and support  
others when needed



Be yourself and  
accept your friend  
for who they are

Mistakes happen, so be  
willing to work through any  
disagreements or arguments



Encourage and  
support your friend

Be respectful of your  
friends opinions and feelings



## PROBLEM SOLVING FRIENDSHIPS

Sometimes we can have difficult situations with friends, whether it's having an argument, or someone saying something hurtful that they don't mean. This can be upsetting and frustrating, but we can problem solve these situations by trying some of the following tips:

Admit you  
made a  
mistake and  
say sorry

Give your  
friend and  
yourself time  
and space

Talk to a  
trusted adult to  
help you

Learn from  
mistakes

Try to do  
something  
nice for your  
friend

Ask them  
what you can  
do to make it  
better

Be kind to  
yourself

When it comes to friendships, sometimes we have to ignore the voice in our head that tells us to hide in the corner and instead, pluck up the courage to speak to new people.