

Think about ... Feelings



I just felt weird

Mind your Head

Most people have problems

Everybody hurts sometimes

Life isn't always easy

THINGS WERE GETTING ON TOP OF ME

You have lots of emotions and will be able to think of times you have been happy, sad, frightened, angry or jealous. Sharing your feelings will help you deal with

them, when they are good and when they aren't so good.

How you feel inside is important. Sometimes when you are upset about

something the hardest thing is telling someone else just how you feel. It is normal to sometimes feel worried, frightened, upset, anxious, annoyed, irritated or even angry.

It's important to talk about how you feel

Telling others about how you feel will help friends and family understand and support you, particularly if you are going through a difficult time. Remember a problem shared is a problem halved

- then you will not be alone with your problems or worries.

Sharing your feelings doesn't mean your problems and worries suddenly disappear but at least someone else

knows what's bothering you and can help you find a solution. If you can't confide in a friend, parent or close relative you should talk to a teacher, school counsellor or your doctor. **There are useful sources of support such as:**

Helplines:

Childline 0800 1111
Samaritans 0845 790 9090
Lifeline 0808 808 8000
Aware Defeat Depression
08451 202961
Lighthouse 028 9075 5070
PIPS (Newry and Mourne)
028 3026 6195

Useful Websites:

www.mindingyourhead.info - tells you how to cope with mental health problems
www.aware-ni.org - tells you how to get help with depression
www.childline.org.uk/Explore/FeelingsEmotions/Pages/DepressionFeelingSad.aspx - tells you about causes of depression and what you can do about it
www.bbc.co.uk/health/emotional_health/mental_health/emotion_young.shtml - gives information on how to recognise depression
www.youngminds.org.uk/young-people - tells you how to improve your mental health