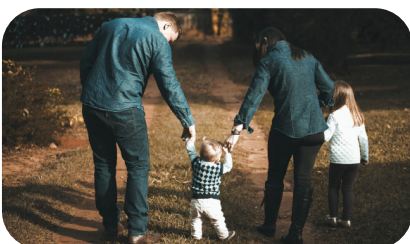
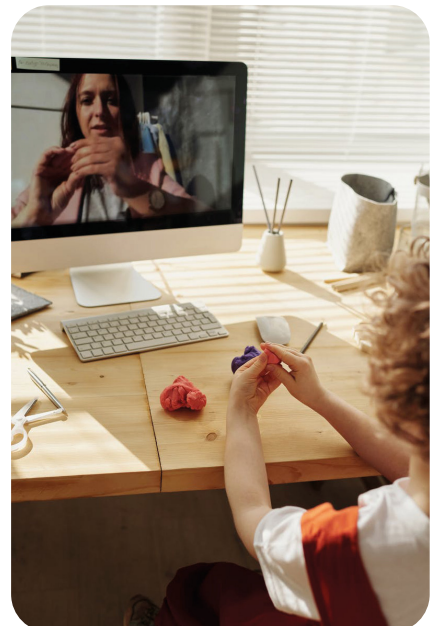


How are you feeling and what can you do?

For children, families and young people.



How are you feeling and what can you do?

I am having mood swings – I am irritable and cross and impatient – I have low moods

I want to feel CONTENT

Food and Drink

- Drink some water
- Eat a balanced meal or snack
- Prepare some food together to share

Sleep

- Make sure your bedroom is ready for bedtime (dark and cool)
- Switch off screens a while before bed
- Make a routine that makes you feel ready for sleep

Movement

- Find new ways to move around outside
- If you've been still for a while, get up and move around for a few minutes
- Make sure you enjoy moving- so do something FUN!



I am lonely – I feel like I'm not part of anything – I am needing lots of attention – I am doing things for a reaction

I want to feel CONNECTED

Community

- Become part of a group by thinking about things you enjoy doing, and finding people who also enjoy the same things
- Maybe start a group of your own
- Join in with local community events

Emotional Connection

- Notice who makes you feel good and spend more time with them
- Spend time with a pet
- Spend quality time with someone who cares about you, doing something together

Attention

- Exchange healthy attention with someone else- spend time together away from screens
- Speak to a grown up about having more one-to-one time with them to chat and do something fun together
- Find a way to give someone else attention- doing something with them or sending them a message or letter



Find out more by scanning this QR code or visiting suffolkmind.org.uk



 Mind Suffolk

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Tip: Dragon Breathing can help you to calm your strong emotions including anger, excitement, frustration and sadness. Breathe in, hold it and then breathe out for longer until you feel calmer.



Security



Control



Privacy

I am finding it hard to settle away from my grown ups – I find change difficult – I feel upset by other people's actions – I feel unsettled, worried or anxious

I want to feel CALM & IN CONTROL

Security

- Think about what makes you feel secure, and make an effort to do this more
- If you feel worried about something, make a plan that helps you to feel safe
- Dragon Breathing – Breathe in, hold it, and breathe out for longer

Control

- We can't always control other's actions, but we can control our responses to them
- We like to have choices in our lives. Making decisions about activities, clothes or what time to go to bed and get up can help us to feel in control
- Sometimes we have to do things we have no control over. Try to find ways to help you cope with the challenge

Privacy

- Build some time into your day to allow your thoughts to wander
- Think about ways to look after yourself and your space
- What are your hobbies? Do something you like to do that's away from screens

I feel I can't do things – I feel like I have no motivation and low moods – No one listens to me – I don't want to be here anymore

I want to feel I CAN

Achievement

- Write yourself a list of things you would like to do, and tick them off
- Do something for yourself that somebody normally does for you
- Think of things you are good at and set yourself small, achievable goals

Status

- Recognise other people's efforts. When you give other people recognition for things that they have done, they will be more likely to do the same for you
- Think about what people say you are good at, or a time they have recognised your efforts
- Speak to grownups in your life about things that make you feel valued, and things that you do that are helpful

Meaning & Purpose

- Feeling stretched and challenged by new things gives us meaning and purpose, so maybe volunteer for a charity, pick up litter in your local park, or ask if you can help around the house
- Being connected to a wider community with a common goal helps us to see that we are part of something bigger
- Feeling that we are needed by others gives us lots of meaning and purpose, such as helping to feed your pets



Achievement



Status



Meaning and Purpose

If you feel you need further support for your wellbeing, there are many organisations local and national who can support you

Local Organisations

- Suffolk Mind suffolkmind.org.uk 0300 111 6000
- [Children and Young People's Emotional Wellbeing Hub](#)
- [Healthwatch Suffolk](#)
- Inspire Suffolk inspiresuffolk.org.uk 01473 353 194
- The Mix themixstowmarket.org
- Teenage Mental Health teenagementalhealth.co.uk
- Homestart homestartinsuffolk.org 01473 621104
- 4YP 4yp.org.uk 01473 252607
- PACT parentsandcarerstogether.co.uk support line: 07856 038799

National Organisations

In case of an emergency or life threatening situation call 999. If you need urgent medical advice but it is not an emergency then you can call 111.

Childline if you are concerned about yourself or a child in your family you can call for confidential, free support 0800 111

SHOUT: free 24/7 texting service with trained crisis volunteers for those who feel at danger to themselves or anyone else Text: 85258 giveusashout.org

Samaritans: free confidential support 24/7 call 116 123

School Counsellor if you are in school, college or University they might have an on-site counsellor. To find out more ask your Head of Year, Mental Health Lead, SENCO or Pastoral Lead.

Child Bereavement UK have advice on managing grief and local services.
childbereavementuk.org

CALM (Campaign Against Living Miserably) offer support to young males struggling with low mood, self-harm and suicidal thoughts. Their helpline runs daily 5pm - midnight 0800 585858 thecalmzone.net

Kooth provides free, anonymous online counselling for 10 - 25 year olds. You can IM counsellors Mon - Fri, midday-10pm, and Sat - Sun, 6pm - 10pm. kooth.com

Self Harm UK offer support to individuals (14-19yrs) dealing with and recovering from self-harm, including online group sessions selfharm.co.uk

Papyrus Prevention of Young Suicide offer support through their helpline (HOPEline UK) to those under 35 years that are having thoughts of suicide Mon - Fri, 10am - 10pm, Weekends 2pm -10pm. Tel: 0800 068 4141; Text: 07786 209 697; Web: papyrus-uk.org