

Support Services and Strategies for Coping with Difficult Feelings

Help Lines

The Samaritans helpline is open 24 hours, 365 days a year and you can talk through difficulties over the phone on 116 123 if you are feeling distressed.



Equally, Child line also support many children and young people with mental health difficulties through monitored internet message boards and also over the phone on 0800 1111.

Online resources



There are some helpful websites for young people experiencing mental health difficulties and their parents. www.youngminds.org.uk has information for both young people and their parents. They also have a parents help line which is open Monday to Friday 9.30am-4pm on 0808 802 5544 (free for mobiles and landlines) as well as an email address: parents@youngminds.org.uk - they will aim to respond to queries within 3 working days.

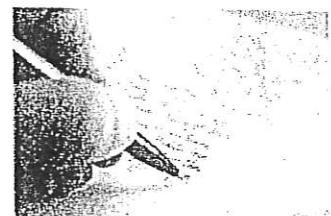
KOOTH.com
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

www.Koo_th.Com is a free, confidential website for young people to talk and get help. Online qualified counsellors can speak with young people who are between 10-16yrs old in Lewisham.

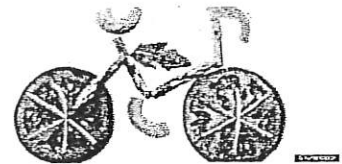
Strategies to manage difficult feelings

Young people can also use a series of strategies to help manage how they are feeling:

- Talk to a friend/ parent/ someone you trust about how you feel. Expressing how you feel can take a weight off your mind



- Writing down how you are feeling (even if you rip it up afterwards). Drawing or painting how you feel can be equally beneficial
- Use Distraction Techniques- Watch something funny, read something you enjoy, listen to music, use a colouring book, complete puzzles.
- Create a special box - put in here photos or items which are important to you or that have good memories attached. You can also include things that comfort you like your favourite food or add in a stress ball. During times you are feeling a little better, you could write yourself a letter about all the strengths you have in your life at the moment to remind you during times when things are more difficult
- Try not to isolate yourself, even if you feel like being on your own in your room; push yourself to be around other people.
- Look after yourself: Sleep well and keep up a steady diet. These things can help provide a little boost to your mood. The internet can be a helpful resource for sleep hygiene and balanced diet advice.
- Keep some structure and routine, challenge yourself to do activities around the house



In an emergency:

If you or your family have concerns that you are no longer able to keep yourself safe, go to your local A&E or call an ambulance in an emergency.

