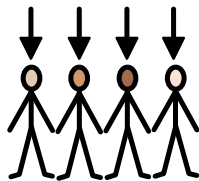




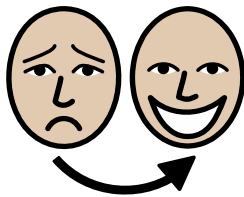
**I feel really sad**



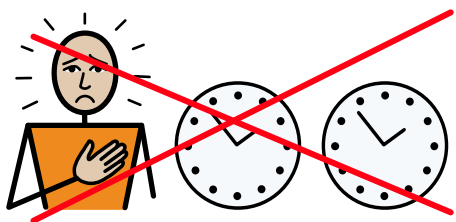
Feeling sad is being **unhappy** and **upset**



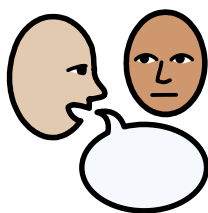
Feeling sad happens to **everyone**



**Most people** start to feel better after a while.



It is **unhealthy** to feel sad all the time



If you are feeling sad all the time, you should **talk to someone**



## If you're feeling really sad you might

	<p>Get <b>upset</b> easily</p>
	<p><b>Stop</b> seeing friends, family or doing activities</p>
	<p>Feel <b>lonely</b></p>
	<p>Find it <b>hard to concentrate</b></p>
	<p>Feel <b>tired</b></p>

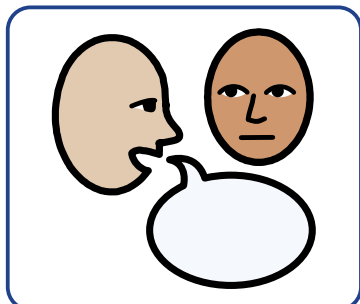


## If you're feeling sad you could

	<p>Get more <b>sleep</b></p>
	<p>See <b>friends</b></p>
	<p><b>Exercise</b> for example going outside for a walk</p>
	<p>Eat <b>healthy foods</b> such as fruit or vegetables</p>
	<p>Drink plenty of <b>water</b></p>
	<p>Talk to <b>someone</b> you trust</p>



If you're feeling really sad you could:



Firstly try talk to  
someone you trust or...



Call **0800 1111**



Text **YM** to **85258**

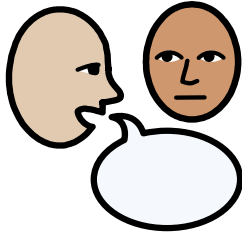


Call **116 123**



Text **07520 631168**

## If you need urgent Help



**Talk** to your family, friends or someone at school you trust straight away.

**111**



Call **111** if you are unsure what service you need and want urgent advice



If you're feeling really sad and can't cope **call 0300 0134778 (Mental Health Crisis Line)**

**999**

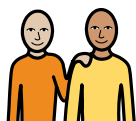


If it's an **emergency** or you are in **immediate danger call 999**

# Write down who you know who can help you



To complete with an adult



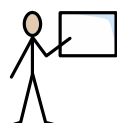
Friends



Family



Doctor







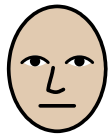



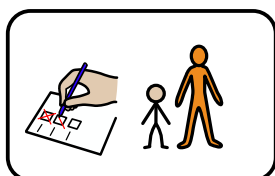
Teacher



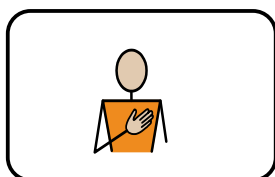
Other important  
people

# 5 Point Scale - How am i feeling?

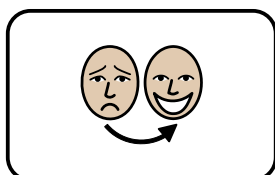
	 What it looks like	 What it feels like	 What i can try
5		Really sad	
4		Sad	E.G Talk to someone
3		Not fine	E.G Go for walk
2		Fine	
1		Happy	



1. Fill out the table with an adult



2. To understand how you are feeling



3. And what you can try do to help you feel better