

READ THIS

Life can be complicated and it changes all the time.

Sometimes things make us feel *down, bad, worried, scared* or *hopeless*.

This is normal

Don't bottle your feelings up – ASK FOR HELP!

Friends
and
family

Any adult in school
Learning Mentors
Post boxes

headscapegreenwich.co.uk
Childline.org.uk - 08001111
Samaritans.org - 116123

Be KIND to yourself and to others...

LOOK

Do any of your friends
look unhappy?

LISTEN

Ask them how they
are feeling and *listen*.

LINK

Tell a member of
staff

REMEMBER

DON'T BE AFRAID OF FAILURE.

It's normal to fail. If you *learn* from failure, it is a SUCCESS!

BE POSITIVE. Don't just think about the things you *can't* do.

Concentrate on the things you CAN do. Be *thankful!*

FOCUS ON WHAT YOU CAN CONTROL.

Don't waste time trying to control the uncontrollable.

DON'T GIVE UP.

Bounce back. Break problems down into smaller parts and *never let up!*