

## Self Help

**Learning to self help is essential for you to develop your self esteem, confidence and have a healthy emotional outlook on life, it takes practice so have a go at doing one of the following things everyday.**

**Talk to someone you trust** – parents, grandparents, siblings, aunts, uncles, cousin, friends, teachers. If this is difficult talk to a doctor, nurse or online counsellor.

**Do something you enjoy** – meet your friends, go outside, watch a favourite film, listen music you can sing a long to, do something by yourself, have a bath, draw, write, get creative, bake a cake.

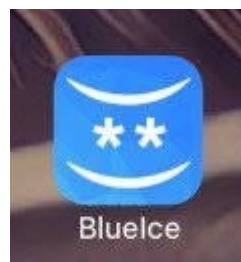
**Find ways to relax** – do some slow deep breathing relax! Do some exercise, run outside, play with your friends or siblings, play a game or computer game, read a book, take a nap, say no sometimes and just chill

**Remember the good things & celebrate you!** – write down all the things you enjoy, keep an inspirational journal or “Happy Box”, write an achievable to-do list

**Chill Panda** uses breathing techniques to help them relax and manage their worries



**Blue Ice** is an app to help you manage your emotions and reduce urges to self harm.



**Kooth.com** provides free safe and anonymous online counselling along with self help tools.



[Health for Teens](#) offers a great choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle and much more.

[Young Minds](#) puts young people at the heart of everything they do there's loads of supportive information and advice on their website.

[Child line](#) is a safe place to get help and advice about a wide range of issues, call them on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards