

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.

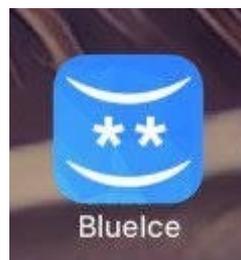
Find ways to relax – do some slow deep breathing relax! Do some exercise, run outside, play with your friends or siblings, play a game or computer game, read a book, take a nap, say no sometimes and just chill

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