

It's ok to feel ...

Do you ever think...?

Why is this happening to me?

It's not fair ...

Is it my fault?

Why can't I fix this?

I can't cope ...

Do you ever feel...?

Sad

Angry

Scared

Tired

Judged

Frustrated

Alone

Embarrassed

Everything you are thinking or feeling is normal.

We want you to know that

**It is NOT
your fault**

**You are
NOT alone**

**It is NOT
your job to
fix it**

**It is NOT
fair**

We also want you to know that

- Feelings affect the way we behave.
- We can do some things to help manage and cope with our feelings.
- It is very important you look after yourself.
- It is very important to keep yourself safe.

How can you take care of yourself?

Please have a look at our section on how to keep yourself safe and well.