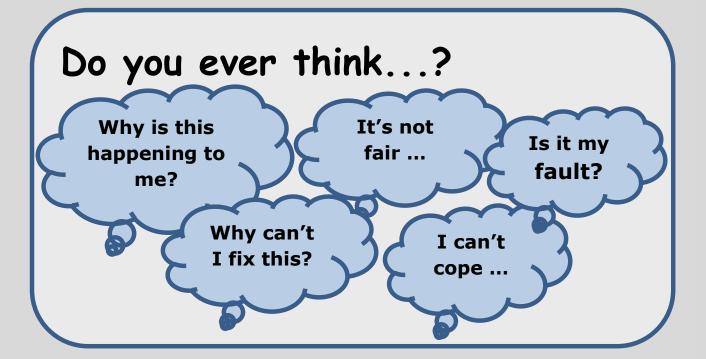
It's ok to feel ...





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.