

Look after yourself ...

When you are going through such a difficult time, it is really important to **look after yourself.**

Sometimes you can't stop someone else from behaving in a way which isn't nice.

What you can do is try to make sure you are **safe and well.**

If your feelings are becoming too much and you don't know what to do you can try the following things:

Scream into a pillow.

Get some exercise.

Try and find a safe, quiet space in your home.

Write your feelings down.

Draw pictures to help you express how you feel.

Count to 10 and breathe slowly.

Talk to someone.

Talk to someone ...

Sometimes it can be difficult to talk to someone. You might feel like you need to keep a secret and not let others know how bad things are.

However, talking to someone can help to keep you safe and well.

Who can you talk to?

Can you talk to your parents about how you are feeling?

If not, can you talk to someone else in your family like a brother, sister, grandparent, aunt or uncle?

Can you talk to a friend you trust or their parents?

Can you talk to a teacher or someone similar?

If you are really worried, you might need to call the police to keep yourself and others safe.

See our **helpline information** for phone numbers and websites.

Remember!

It is really important to look after yourself and keep yourself safe.