

Think about ...  
**Feelings**



I just felt  
weird



THINGS  
WERE  
GETTING  
ON TOP  
OF ME



Mind  
your  
Head



Everybody  
hurts  
sometimes



Most  
people have  
problems

Life isn't  
always  
easy



# Think about ... **Feelings**

You have lots of emotions and will be able to think of times you have been happy, sad, frightened, angry or jealous. Sharing your feelings will help you deal with them, when they are good and when they aren't so good.

How you feel inside is important. Sometimes when you are upset about something the hardest thing

is telling someone else just how you feel. It is normal to sometimes feel worried,

frightened, upset, anxious, annoyed, irritated or even angry.

*It's important to talk about how you feel*

Telling others about how you feel will help friends and family understand and support you, particularly if you are going through a difficult time. Remember a problem shared is a problem halved - then you will not be alone with your problems or worries.

Sharing your feelings doesn't mean your problems and worries suddenly disappear

but at least someone else knows what's bothering you and can help you find a solution. If you can't confide in a friend, parent or close relative you should talk to a teacher, school counsellor or your doctor.

**There are useful sources of support such as:**

## Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Aware Defeat Depression  
08451 202961

Lighthouse 028 9075 5070

PIPS (Newry and Mourne)  
028 3026 6195

## Useful Websites:

[www.mindingyourhead.info](http://www.mindingyourhead.info) - tells you how to cope with mental health problems

[www.aware-ni.org](http://www.aware-ni.org) - tells you how to get help with depression

[www.childline.org.uk/Explore/FeelingsEmotions/Pages/DepressionFeelingSad.aspx](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/DepressionFeelingSad.aspx) - tells you about causes of depression and what you can do about it

[www.bbc.co.uk/health/emotional\\_health/mental\\_health/emotion\\_young.shtml](http://www.bbc.co.uk/health/emotional_health/mental_health/emotion_young.shtml) - gives information on how to recognise depression

[www.youngminds.org.uk/young-people](http://www.youngminds.org.uk/young-people) - tells you how to improve your mental health