

Things that lead to bad feelings:

How will I know when I'm starting to feel bad?



Why do I want to be alive?

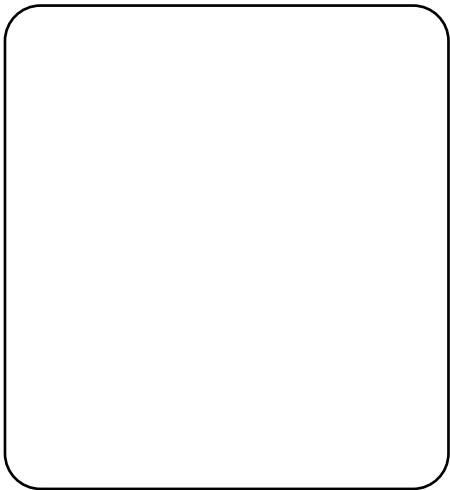
What will keep me safe?

Where can I go to be with people?

What do I need to help me to calm down?



Things that make me feel happy:



SAFE



My favourite saying/lyrics...

Someone that cares about me said...



If I'm struggling I will contact..

Other helpful numbers are..
Childline: 0800 1111
www.childline.org.uk/get-support/1-2-1-counsellor-chat
Samaritans: 116 123
jo@samaritans.org
Hopeline: 0800 068 4141
pat@papyrus-uk.org
Kooth: www.kooth.com
Crisis Care: Call 111 and select the mental health optio.