

## Other Sources of Help

### Uffculme School Newsletter April 2017

Last month's tip suggested that if you are not coping well with your mental health then you should try talking to someone. We made some suggestions about who you might go to talk to. However, if you find it difficult to talk to someone face to face about how you are feeling, there are other options. Sometimes it helps to practise saying something difficult to a stranger. Once you have said it out loud once, it can be easier to say it again to someone closer to you.






These are two safe and confidential places that you can try



**ChildLine** has a free helpline where you can talk to someone in confidence at any time of the day or night. The website has lots of really helpful information about all sorts of issues that affect young people. You can also email a counsellor, or chat to other young people in a safe forum.



**Kooth.com** is a free, anonymous, confidential website where young people can go to :

-  Have a drop-in chats with a counsellor or therapist
-  Book an online session with a counsellor or therapist
-  Talk to other young people safely and anonymously
-  Keep an online journal
-  Read useful news articles and blogs

