

Things that lead to bad feelings:

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



Why do I want to be alive?

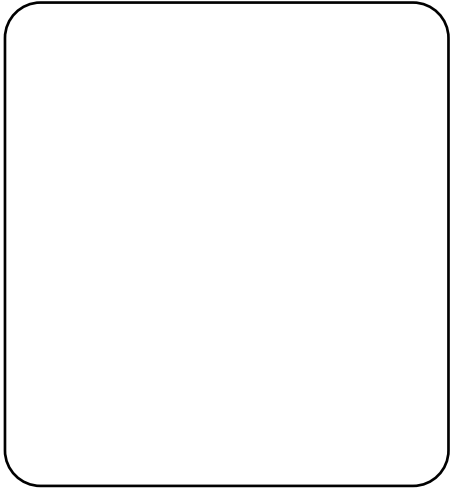
What will keep me safe?

Where can I go to be with people?

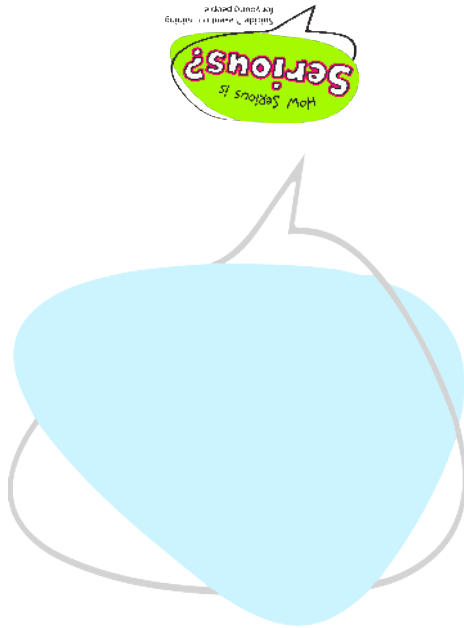
What do I need to help me to calm down?



Things that make me feel happy:

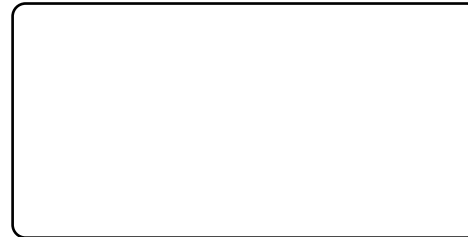


SAFE



MY FAVOURITE SAYING/LYRICS...

Someone that cares about me said...



If I'm struggling I will contact...

OTHER HELPFUL NUMBERS ARE:
Childline: 0800 1111
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
Samaritans: 116 123 / jo@samaritans.org
Hopeline: 0800 684241/papyrus-uk.org