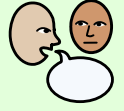
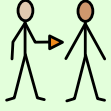
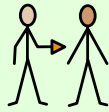


Talking to others

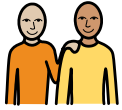


When you are feeling sad, worried or stressed, talking to



others can help you feel better.

Who can you talk to?



Friends



Family



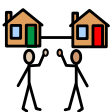
Doctors



Teachers



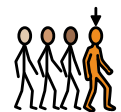
Teaching assistants



Neighbours



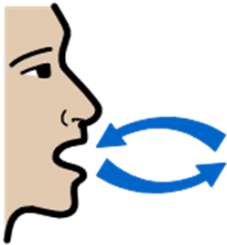
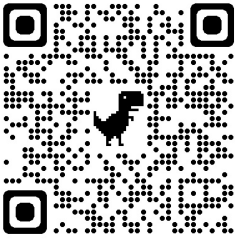
Religious



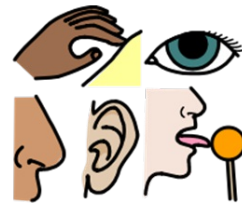
Leader

Videos on MyMindTV

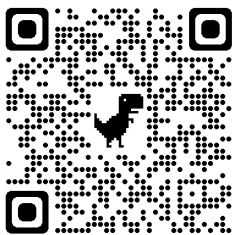
Deep Breathing



54321 Grounding Technique



Challenge negative thoughts



Compassionate Imagery

