

# YOUNG MINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and

## DITCH THE LABEL YOUR WORLD, PREJUDICE FREE.

Provides lots of information

Advice and support forums



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

### People

Safe relationships,  
Good people are you.

### Purpose

A purpose in life,  
A great education built for you.

### Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU

01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Feeling sad?



## All about feeling sad

We all feel sad at times and there are many things that can cause us to feel sad and unhappy.

Sometimes we feel sad because we are ill, lost a football game or there is illness or loss in the family. Sometimes we may just be having a 'bad day'.

Feeling sad is a 'normal' human emotion and everyone feels sad at some point in their lives.

## What can I do to help myself?

- Exercise (play football/go for a walk)
- Tell someone how you feel (school staff/ family/ carer/ a friend)
- Draw/colour
- Write a letter/ a song
- Listen to music
- Dance
- Do something you know you enjoy
- Watch a film you like

## What if I am still feeling sad?

If you are still feeling sad, feel like the feelings are getting worse or the feelings keep coming back it would be a good idea to tell someone how you are feeling. This could be a trusted friend, parent, teacher or family member

## IT'S OKAY TO ASK FOR HELP



## Signs you may need to ask for help

- You feel hopeless
- You are not enjoying things you normally would
- You are finding it difficult to sleep or sleeping too much
- Feel tired all the time and have very little energy
- You feel very irritated or agitated by things that do not normally bother you
- You are not hungry or you cannot stop eating

## What other support is there ?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

# kooth

On Kooth you can



They will chat to you online using a live chat facility or you can send them a message

# childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you

24/7

Chat online

Call free