

YOUNGMINDS

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 worried?



All about worrying

At times we can all feel worried. This may be caused by changes that are happening in our lives such as, having a new teacher or having an ill family member.

There may be other times such as falling out with a friend or taking an exam that also make us worry.

No matter how brave you are it is 'normal' from time to time to feel worried about things.

What happens to my body when I worry?

When we feel worried our brain releases hormones and chemicals.

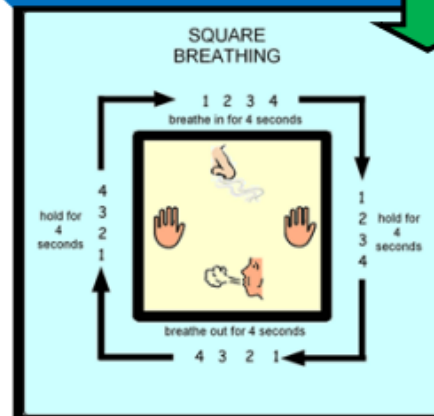
This can cause us to feel different physical sensations:

- Our heart beating faster
- Feeling hot/sweating
- Feeling dizzy
- Jelly legs
- A dry mouth
- Faster breathing
- Loss of hunger
- Butterflies in our tummy
- Going to the toilet more often

What can I do to help myself?

Techniques

- Talk to someone you trust
- Make yourself a self-soothe box
- Do some exercise
- Mindfulness / meditation
- Do something you enjoy doing
- Find something to look forward to
- Focus on your breathing



If you are still feeling worried

If most days you are feeling worried, the feelings are not passing or getting worse, it would be a good idea to tell someone how you are feeling.

"I have been worrying a lot lately"
"I can't seem to get things out of my mind"

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