



LET'S TALK ABOUT YOUR FEELINGS...

The Children's Commissioner listens to children and young people and makes sure their voices are heard.

Recently, we asked all the children and young people in England how they were feeling, and we had over half a million replies!

Children told us the pandemic had an impact on them and it's sometimes difficult to know who to talk to about your feelings.

It is completely normal to have more difficult times, and to ask for some extra help.

LONELY?

SAD?

Worried?

**TALKING
HELPS**

**Children's
COMMISSIONER**

YOUNG PEOPLE TOLD US THEIR WORRIES DURING THE PANDEMIC

"School was closed in lockdown, I found that really difficult and now have anxiety."

– Boy, 16

"There's a lot of pressure with exams and now having to deal with the strain on friendships because of lockdown and catching up on school work I think has negatively affected a lot of people's mental health and increased worries about the future."

– Girl, 15

"If young people had someone they could talk to, they would feel a lot more confident, and would have a lot more belief in themselves."

– Girl, 17

"If you have something to say, like your depression is getting worse and your parents just don't care about any of it then contact someone who will understand and listen to you and will care."

– Boy, 13

TALKING HELPS!

REACH OUT FOR SUPPORT

Asking for help with your mental health can be difficult, but remember that you are not alone, and there are a range of people you can turn to for support.

These include:

- Your family
- Your friends
- Professionals: Your GP, staff at school, and mental health charities.

HOW TO SPEAK TO SOMEONE ABOUT YOUR MENTAL HEALTH

- Approach someone you feel comfortable talking to about your feelings.
- Think about the outcome you would like: would you like someone who you can talk to and express your feelings to, or would you like more practical support?
- Make a list of things you would like to talk about to help you express your feelings.

ORGANISATIONS FOR HELP AND ADVICE:

Childline (www.childline.org)

Calls are free, 24 hours a day: **0800 1111**

Shout (www.giveusashout.org)

Text '**SHOUT**' to **85258** for advice

The Mix (www.themix.org.uk)

Young Minds (www.youngminds.org.uk)

ORGANISATIONS FOR CRISIS SUPPORT:

NHS Urgent Mental Health Advice

(www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

Papyrus (www.papyrus-uk.org)

Calls are free, 9am-midnight: **0800 068 4141**

Samaritans (www.samaritans.org)

Call are free, 24 hours a day: **116 123**

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