



If you're feeling stressed

Many things can make us feel stressed – school, family, friends, peer pressures, social media. Stress can affect all of us in different ways and it's important to recognize when you are stressed and know how to help yourself or someone you know. Some examples of stress can be having a short temper and mood swings, difficulty concentrating, feeling unfocused or unmotivated, feeling sad or tearful, and trouble sleeping. If you'd like to learn more, you may find [these resources](#) useful.

Stress Busters

Try these at different times to reduce your stress:

1. Breathe – learn to breathe deeply, sitting down still, inhale slowly through your nose and exhale slowly through your mouth.
2. Laugh – find something or someone that makes you laugh.
3. Call a friend or someone who you trust and can talk to.
4. Be kind to yourself – moving around, exercising and getting some fresh air can help make you feel calmer. Get plenty of rest and sleep, and take time to do things you enjoy.
5. Take a break – spend some time away from the internet and social media, or set yourself a daily online limit. Here is [more information](#) on how you can [manage your time online](#).



If you're feeling overwhelmed, alone or suicidal

For many young people, there are times when you may feel overwhelmed by your feelings or by things that are happening to you online or in real life. You may feel stressed, sad, angry, lonely, helpless or afraid. Or you may feel bad about yourself and be dealing with ideas about hurting yourself.

Here are some ideas that have helped other young people, and which may be helpful for you, too:

1. Remember that it's normal to have difficult and overwhelming feelings sometimes when you're facing big problems, but it's important you don't deal with them on your own.
2. Find your trusted people and talk to them – these might be parents, other family members, school friends, or friends from your church and wider community.
3. Be kind to yourself, listen to people you trust, rest and don't make quick decisions.

If you're worried about a family member or friend

If you feel your friend or someone in your family may be in immediate danger, call local emergency services immediately. Don't wait.

It can be very hard to know what to say to someone who's told you that they're considering ending their life, or who you believe may be thinking about doing this. Here are some things you can do to support them:

1. Encourage your friend to talk about what they're going through.
2. Be a good listener.
3. Check on them regularly and ask how they are doing.
4. Help them to connect with people they trust, like a healthcare professional, family member, other friend or a crisis helpline. They may also find [these resources](#) useful.
5. Take care of yourself during times like this and reach out to friends or healthcare professionals who can support you, too. Supporting and caring for people who are distressed can be difficult and you also need to be well supported.

For further information on suicide prevention, you may find these [additional resources](#) useful.

Where can I get support?

FIJI

If life is in danger, call 911

Child Helpline Fiji:

24-hour toll-free: 1325

National Domestic Violence:

24-hour toll-free helpline: 1560

Lifeline Fiji:

132 454 / 3630 400 / 9402 541

[@lifelinefiji](#)

Psychiatric Survivors Association:

3319 043 or 9538 667 [@psafiji](#)

Fiji Women's Crisis Center:

Suva: 0331 3300 / 0920 9470

Nadi: 0670 7558 / 0918 2884

Ba: 0667 0466 / 0923 9775

Rakiraki: 0669 4012 / 0912 9790

Labasa: 0881 4609 / 0937 7784

[@FijiWomen](#)

Empower Pacific Counselling Centres:

Lautoka: 0773 0010 Nadi: 0776 0018

Suva: 0778 0015 Labasa: 0776 0017

[@EmpowerPacific](#)

Online Safety Commission Fiji:

The Online Safety Commission is the Fijian agency responsible for advocating for safe and responsible online behaviour for all Fijians and provides a space for individuals to report concerns of online abuse. For more information, visit the Online Safety Commission website at [Online Safety Commission](#) or call (+679) 9980 242.

PAPUA NEW GUINEA

If life is in danger, call:

NCD police: 1800 100

Goroka police: 5321 222

Wewak police: 4562 222 / 7103 0345

AROB police: 9739 755 (north)
Morobe police: 7090 3300 (toll free)
Kiunga police: 6491 022
Daru police: 6459 022

ITok Kaunselin Helpim Lain:

7150 8000 [@ITokHelpimLain](#)

Family and Sexual Violence Action Committee:

3211 714 [@FSVAC](#)

TONGA

If life is in danger, call 911

Women and Children Crisis Centre:

0800 444 [@tongawccc](#) [@counsellingwccc](#)

National Centre for Women and Children:

26567

[Tonga National Centre for Women and Children](#)

SAMOA

If life is in danger, call 911

Fa'ataua Le Ola – Samoa Lifeline:

800 5433 [@FLOsamoa](#)

Samoa Victim Support Group:

800 7874 / 27904 / 25392

[@samoavictimsupportgroup](#)