



## 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 okay to have these feelings sometimes and that you shouldn't have to 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.