



It's OK not to feel OK

When feelings get too much



It can be hard to talk about how we are feeling, especially if our feelings are difficult, or confusing, but talking can really help.

If you are feeling troubled, or unable to cope it's important to talk to someone you trust; parents, family members or staff here at the UTC or you can contact the following charities:

Where to get help

CALM: (Campaign Against Living Miserably)

Calm is a national charity who supports **men** who are down, or in crisis. Free helpline and webchat are open 5 pm till midnight every day.

Helpline: 0800 585858

Website: www.thecalmzone.net

PAPYRUS:

Papyrus is for young people who are having thoughts of suicide. The free telephone helpline offers practical advice and information. You don't have to give your name, or personal details.

Helpline: 0800 0684141

Website: www.papyrus-uk.org

SAMARITANS:

Samaritans offer confidential emotional support, at any time of the day or night, to anyone in distress.

Helpline: 116 123

Website: www.samaritans.org.uk