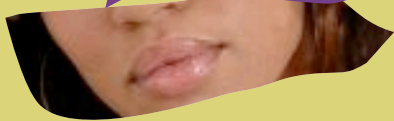


LOTS of young people feel like this

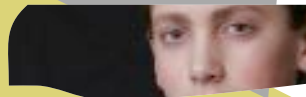
Why?

I'm ugly



I'm hurting inside my head

My mum died



I'm scared

No-one understands

There's no way out

I'm being bullied

I can't get to where I want to be

My girlfriend dumped me

I've done something I'm ashamed of



I am so angry.....

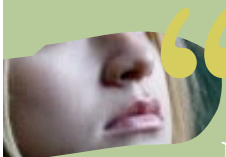
No-one cares about me

I've got no future

I think I might be gay

Trying to hurt yourself - in any way
- is very dangerous

Some people end up much worse off
than before.....



“I'd been thinking about it for ages.. I didn't really think about being dead - just wanted to get out of it.... so when I heard about Lisa taking an overdose I just don't know what made me do it but I took loads of pills too. Woke up in hospital. My dad, my Nan, everyone crying and being so upset.....

I feel terrible about what I've put them through. The doctor said that I've caused damage to my body.....

I got some help to sort my problems out - they didn't seem that bad once I talked them through I'm so glad I didn't die”.

It's important to recognise
that you do need help

You can get through
this.....most young
people do

how?

Tell someone about it

Your mum, dad, brother, sister, friend,
teacher, doctor, counsellor, youth worker

Call a helpline

Phone **HOPELineUK** on freephone

08000 68 41 41

They will help you decide what to do and
where to go for help.

No one will know you have phoned.

Speak to someone on-line

Make sure you chat to
people who want to
help you to stay alive



Sorting it out

- If you're feeling down you may need to visit a doctor for help to start feeling better
- Don't do something on the spur of the moment when you're upset.
- Drugs can make you do things without thinking properly.
- So can alcohol.

- Try to get help for the problems that may be making you feel like this.
- Look after yourself.....especially your health.
- Try doing something you enjoysports, watching a favorite film/TV show, listening to music, meeting friends on or off-line.

— Don't expect to feel OK all at once.....it might take a bit of time.



For further help call
HOPELineUK

08000 68 41 41

If you are worried about yourself or about someone else you can speak to trained professionals who can give you practical advice and information on what to do.



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www.papyrus-uk.org

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