



Norfolk County Council

Looking after *yourself* during difficult times

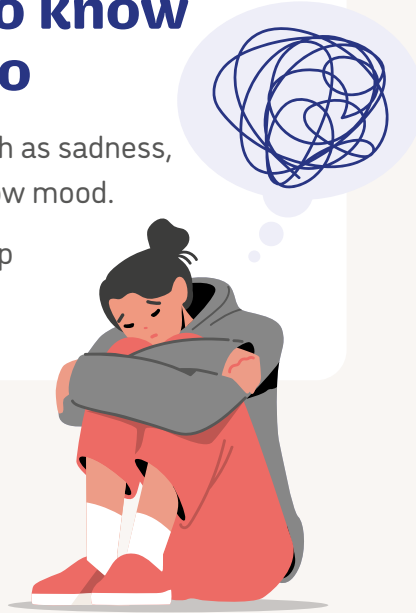
This information sheet has been developed by the NCC Critical Incident Team in partnership with Nelson's Journey Young Volunteers.

As you have all experienced something that might be difficult, or you are supporting a friend, we hope that you will find this information useful.



It might be good to know that it is *normal* to

- experience a range of emotions such as sadness, confusion, anger, guilt, denial and low mood.
- find it hard to concentrate and sleep
- feel worried or anxious



We want to *help* each other to

- feel safe
- feel calm
- feel connected
- feel in control
- feel hopeful

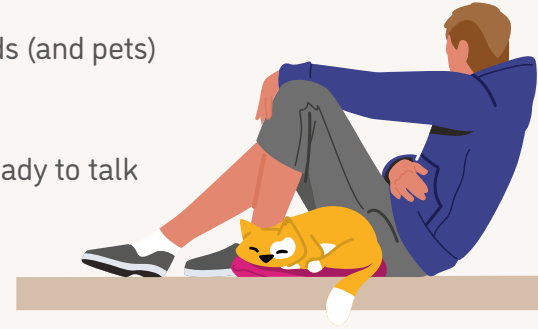
It's *okay* to

- still have fun and do the things you enjoy
- let people know when you are struggling
- ask people to be patient with you
- take time to adjust
- have questions
- need some additional support



What you can do *now*

- spend time with family and friends (and pets)
- share memories
- let people know when you are ready to talk
- keep to normal routines
- take some time out



How you can *help* each other

- notice when a friend is struggling
- be there for each other
- talk to an adult if your friend needs help
- share good memories



Remember

- it can be difficult to deal with what you have experienced
- be kind to yourself
- talk to people you trust when you are ready
- don't bottle it all up

Where you can get help

- my family
- my friends
- in school you can go to:

- www.nelsonsjourney.org.uk
- Chat health 07480 635060
- www.kooth.com
- youngminds.org.uk
- Text SHOUT to 85258
- Childline 0800 11 11



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