



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



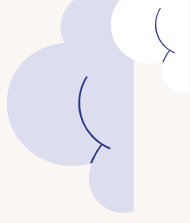
How you can help each other

- 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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