Getting help

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|  | When bad things happen, it’s normal to feel bad |
|  | Sometimes, you might feel bad for a long time |
|  | Sometimes, it can be hard to do ordinary things |
|  | You can get better |
|  | You can get counselling if bad things have happened to you |
|  | Counselling is where you talk with a counsellor |
|  | Counselling can make you feel better |
|  | It is free |
|  | You can get counselling face-to-face |
|  | You can get counselling over the phone |
|  | You can get counselling online |
|  | Asking for help can be hard |
|  | You might be scared or confused |
|  | You might not want to trust someone |
|  | It is normal to feel worried |
|  | Your counsellor will respect you |
|  | Your counsellor will do what you need |
|  | Your counsellor will help you feel safe |
|  | You can choose what supports you want |
|  | You can choose a counsellor you like |
|  | It’s okay to ask them questions |
|  | It’s okay to say you are worried |
|  | It’s best to be honest |
|  | It’s okay to get a different counsellor |
|  | You don’t have to tell them anything you don’t want to |
|  | You talk to them for about an hour |
|  | But you can talk longer or shorter |
|  | You and your counsellor will set goals together |
|  | Then you will make a plan to reach your goals together |