



## Getting help

	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