

SOUND

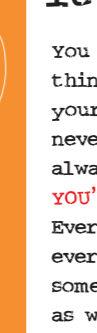
How often have you heard that you should look after your body, cut down on this, take more of that... exercise! Yep, all very important.

Mind

But **what about your head?**

Are you looking after that? Looking after your mind is as important as looking after your body.

Here are some tips for a SOUND MIND...



It's good to talk

You may be worried about many things that are happening in your life right now. But if you never remember anything else, always remember **YOU'RE NOT ON YOUR OWN.** Every concern you've ever had about your life somebody else has experienced as well.



Talking and listening

- If you have a problem talk to someone you trust
- Be prepared to listen to your friends if they need help
- Don't pass on anyone's personal views or feelings
- Everyone has problems, don't keep yours bottled up

Check out the contacts at the back if you need information or specialist advice.

Friends...

- ★ trust and respect you
- ★ are always there for you in good times and bad
- ★ care and share
- ★ both give and take



Friends DON'T

- ✗ let you down
- ✗ give you grief
- ✗ expect the impossible
- ✗ talk about you in a bad way
- ✗ pressurise you to do something you don't want to do: take drugs, have sex, steal, go joy-riding, skip school



CONTACTS

- ★ Childline... 0800 1111
- ★ Samaritans... 08457 909090

- ★ Lifeline... 0808 808 8000
- ★ Your Doctor

INFORMATION

- ★ Aware... www.aware-ni.org
- ★ fpaNL... www.fpa.org.uk
- ★ www.mindingyourhead.info
- ★ also... www.supportline.org.uk

