

Do you ever get

# that feeling when..?

Being a teenager can have lots of ups and downs. Sometimes, it can be difficult to know how to manage strong feelings, or to ask others for help.

This series of short videos have been created specifically for teenagers. They provide helpful information about coping with common mental health difficulties, and where you can go if you need some extra support.

## Let's start the conversation here!



**I NEED  
TO RELAX**



**I AM LOW**



**I AM  
STRESSED**



**I AM  
FINDING  
MYSELF**

