

My notes



Helplines & Crisis Support

Breathing Space delivers telephone support to anyone, over the age of 16 years, who is feeling low, anxious or depressed. **Tel:** 0800 83 85 87 (Freephone Mon–Thurs 6pm to 2am and from Fri 6pm to Mon 6am) **Web:** www.breathingspace.scot

Childline provides help and advice to young people, under the age of 19. **Tel:** 0800 1111 (Freephone 24/7) **Web:** www.childline.org.uk

Samaritans offers emotional support to anyone feeling down or struggling to cope. **Tel:** 116 123 (Freephone 24/7) **Email:** jo@samaritans.org **Web:** www.samaritans.org

The Mix offers support to anyone up to the age of 25 years. Their free Crisis Messenger service is run in partnership with Shout. **Text:** SHOUT to 85258 (Free text 24/7) for mental health crisis support **Web:** www.themix.org.uk/get-support

For more information visit www.samh.org.uk

The things I am good at are:

The positive qualities I have are:

Finding this hard?

Think how someone close to you would describe you, and write this down.

The things that cause me stress during study and exam time are:

The things I can do to manage my stress during this time are:

The people who can support me and my wellbeing during this time are:



Positive Affirmations

(use the blank boxes below to write your own affirmations)

I am proud of myself and my efforts

I'm so much more than my exam results

I can only try my best

I am growing as a person every day

