# Getting Through a Tough Time



SAFETY, TRUST AND RESPECT DIOGELWCH, YMDDIRIED A PHARCH





It can make us feel more alone, and can trigger negative thoughts and memories.

If you've experienced abuse in the past - whether emotional, physical, sexual, or psychological - you might be reminded of how you felt then.

### there is ALWAYS someone who can help!

### **5** Things to Remember:

Abuse is NEVER your fault. It's ALWAYS the fault of the abuser.

It's OK to ask for help.

Reach out to people you trust and tell them how you're feeling.

If you're already getting support from someone, keep in touch with them online or on the phone.

There is always someone who can help you.

## WHERE CAN I GET HELP?

#### If you're IN CRISIS:

Call Childline on 0800 1111 MEIC - Phone 080 8802 3456 Text 84001 *Call the Samaritans if you feel suicidal or you want to self-harm*: 0330 094 5717. Chat online and get urgent help <u>here</u>.

Click <u>here</u> for young people's self-care tips Click <u>here</u> for advice on coping with anxiety Click <u>here</u> for creative ways of keeping calm



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