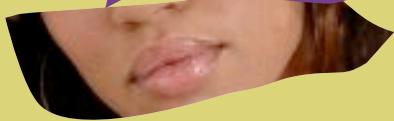


LOTS of young people feel like this

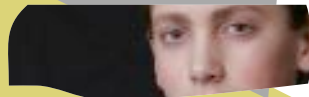
Why?

I'm ugly



I'm hurting inside my head

My mum died



I'm scared

No-one understands

I can't get to where I want to be

My girlfriend dumped me

I've done something I'm ashamed of



I am so angry.....

No-one cares about me

I've got no future

I think I might be gay

There's no way out

I'm being bullied

## Trying to hurt yourself - in any way - is very dangerous

Some people end up much worse off  
than before.....



“I’d been thinking about it for ages.. I didn’t really think about being dead – just wanted to get out of it.... so when I heard about Lisa taking an overdose I just don’t know what made me do it but I took loads of pills too. Woke up in hospital. My dad, my Nan, everyone crying and being so upset.....

I feel terrible about what I’ve put them through. The doctor said that I’ve caused damage to my body.....

I got some help to sort my problems out – they didn’t seem that bad once I talked them through ..... I’m so glad I didn’t die”.

It’s important to recognise  
that you do need help

You can get through  
this.....most young  
people do

# how?

## Tell someone about it

Your mum, dad, brother, sister, friend,  
teacher, doctor, counsellor, youth worker

Call a helpline

Phone **HOPELineUK** on freephone

**08000 68 41 41**

They will help you decide what to do and  
where to go for help.

No one will know you have phoned.

Speak to someone on-line

Make sure you chat to  
people who want to  
help you to stay alive



# Sorting it out

- If you're feeling down you may need to visit a doctor for help to start feeling better
- Don't do something on the spur of the moment when you're upset.
- Drugs can make you do things without thinking properly.
- So can alcohol.

- Try to get help for the problems that may be making you feel like this.
- Look after yourself.....especially your health.
- Try doing something you enjoy .....sports, watching a favorite film/TV show, listening to music, meeting friends on or off-line.

Don't expect to feel OK all at once.....it might take a bit of time.



For further help call  
**HOPELineUK**

**08000 68 41 41**

If you are worried about yourself or about someone else you can speak to trained professionals who can give you practical advice and information on what to do.



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