

Youth

RESOURCE PACKS

Coping with change

LEARN TO TACKLE CHANGE HEAD-ON



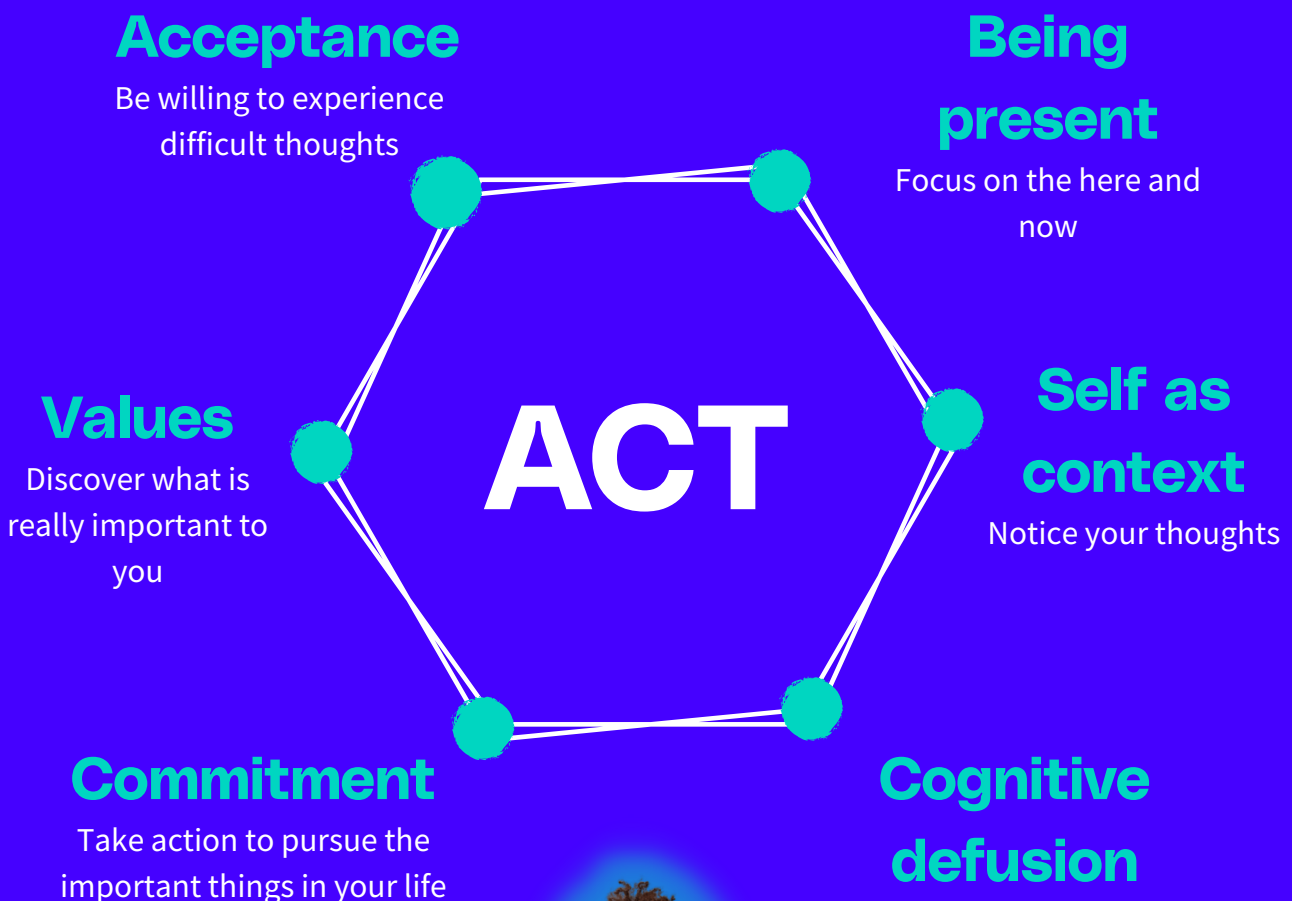
TOP TIPS

- 1 Acknowledge your feelings
- 2 Try and accept the change
- 3 Seek support
- 4 Prioritise self-care
- 5 Focus on what you can control
- 6 Try and maintain a positive mindset
- 7 Set realistic expectations
- 8 Learn and adapt



Acceptance and Commitment Therapy (ACT)

Following ACT principles helps to increase psychological flexibility, allowing you to cope with change better.



MORE RESOURCES



Youth

In an emergency

Call 999 if you are in immediate danger and unable to keep yourself safe

My GP

They can offer advice, prescribe medication and refer you to other relevant services

Someone I trust

Parents, teacher, my manager, colleague, friend or partner

Dial 111

If you are not at immediate risk and the GP is closed

Text Shout

Text 85258 for free, confidential, mental health support, 24/7

Call Samaritans

Call 116 123 for support on the phone 24/7, 365 days a year

Contact Mind

www.mind.org.uk for information, advice and local services

Search hubofhope.co.uk

They provide information on local support services

Look up Young Minds

They ensure young people receive the support they need