Friends are good for your health

We are finding out about metal health issues that affect us as young people.

Did you know that a child gets in touch with ChildLine about a mental health issues every eleven minutes? (NSPCC)

People our age can get really worried About exams
About going to collage
About body image
About friendships
About family issues

We want to find out what we can do to stop us getting too anxious or where to go to get help if we need to.

We interview pupils and staff in our school. They told us the sort of problems that make them feel worried and anxious. They were
"I worry about my future"
"I worry about someone dying"
 "I worry about getting bullied"
"Someone in my family is poorly worries   me"
Most worries are perfectly natural, it is when you let your worries become too much that you don't think straight.

What can we do when we are worried? We ask people for advice about what to do. They suggested
- Try to be positive
- Finnish your homework on time
- Spend time with your friends or family
- Pray to your god
- Give more space

Everybody should have some worries but don't let them take over too much, we given you lots of advice, I hope it helped you.
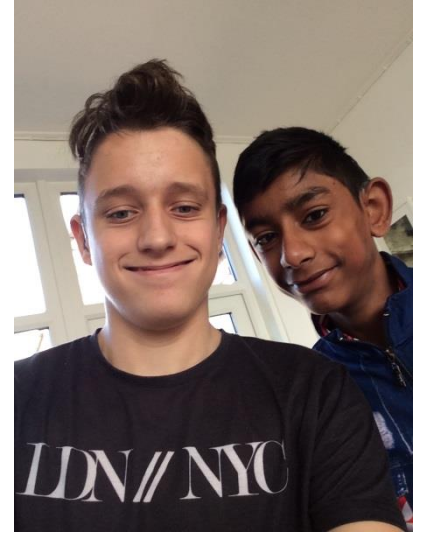
Sharing time with friends☺

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