

# WHAT TO DO WHEN WHEN LIFE IS HARD AND FEELS LIKE MORE THAN YOU CAN HANDLE

## UNDERSTANDING BIG FEELINGS

Sometimes, people feel very sad or upset. It's important to know that these feelings can change, and there are ways to feel better.

Even when you feel alone, remember you are loved and important.



## WHAT TO DO IF YOU NEED HELP

If you or a friend are feeling very sad or thinking about hurting yourselves, tell a grown-up right away.

There are people who want to listen and help you feel better.



## DON'T GIVE UP

*Lean on the things that make you strong:*

Feeling proud of who we are and where we come from.

Having friends and family who care about us.

Being part of a school or community group.

Talking to someone when we're feeling upset.

## HOW TO HELP OTHERS

Tell a trusted adult if you're worried about a friend.

Be kind to others and include them in activities.

Remember that it's okay to ask for help when you're feeling down.



## WHAT TO LOOK OUT FOR IF YOU THINK SOMEONE NEEDS HELP

- A friend who stops hanging out or doing things they used to enjoy.
- Someone who seems angry or upset more than usual.
- A classmate who talks about feeling alone or like no one cares.

Check in with them and ask how they are doing or let an adult know you are worried.

## PEOPLE YOU CAN TALK TO

Find an adult you feel safe with and share your feelings. You can talk to:

- Parents or Guardians
- Teachers
- School Counselors
- Doctors or Nurses
- Mental Health Therapist
- Friends
- Siblings
- Elders



## REACH OUT IF YOU NEED HELP:

*For Relatives living in Nebraska:*

### All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member. Seven days a week from 8am-Midnight

