



Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

## What If...

*I feel sad all the time?*



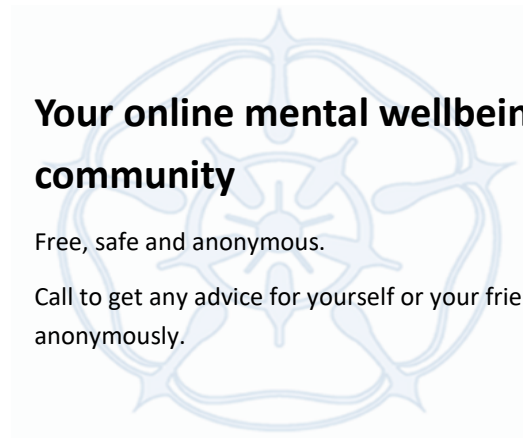
**#teamchsg**



### Your online mental wellbeing community

Free, safe and anonymous.

Call to get any advice for yourself or your friend anonymously.



### Just some of the things you'll find on Kooth



#### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



#### Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



#### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



#### Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

### Carshalton High School for Girls

Excellence: everywhere, every day.

part of the  Girls' Learning Trust

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# What if...

I feel sad all the time?

Remember everyone feels sad sometimes it is how we manage that emotion that makes us resilient.

Talk to someone you trust about how you are feeling  
This could be a friend or family member or someone in school such as your Teacher, Tutor, Head of Year or Pastoral Support.

Sometimes just saying why you are sad out loud is enough, other times you may want some support to help you feel better.

Try to remember this will pass.  
Consider using a positive affirmation app.

Think about activities that make you happy and if you can do one of these, reading, singing, going for a run or a walk outside, baking etc.



TALK TO US

OFF THE RECORD

## Saturday Support

You can talk to a counsellor on Saturdays from 10am-1pm. Call on 0800 980 7475 for confidential support.

## Counselling

Free and confidential counselling to young people aged 11-25 in the Borough of Sutton.

## Online Service

Free text-based counselling and workshops for young people in Croydon, Sutton or Merton.

Call 020 8251 0251 (Croydon)  
020 8680 8899 (Sutton and Merton)  
Email: [onlinecounselling@talkofftherecord.org](mailto:onlinecounselling@talkofftherecord.org)  
[www.talkofftherecord.org](http://www.talkofftherecord.org)

NEED TO TALK?



[www.teenagehelpline.org.uk](http://www.teenagehelpline.org.uk)

TEENAGE  
HELPLINE



Need Support?

[support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)

**YOUNG MINDS**  
fighting for young people's mental health

Your feelings are valid

If you're struggling with your feelings, you're not alone. We have loads of practical tips and advice from young people just like you, as well as information on getting the support you need.

YoungMinds Textline



Text YM to 85258.