

You're not alone:

Support and guidance for young people at an unsettling time



At this unsettling time, SSAFA Community Health would like to offer some advice and support. It is important you know that you are not alone.

Why do I feel this way?

After experiencing an event that has been scary, upsetting or stressful:

- You may feel a mix of emotions, such as, worried, upset, scared, sad, afraid, angry, confused, stressed or others.
- You may feel these emotions on their own or all at once.
- You may even not feel any emotions at all.
- You may also have these feelings at a later date.
- You might have certain feelings in your body, like a tightness in your chest or like your tummy is churning.

Either way, all of this is normal and you are not alone.



What can I do to help myself?

- Talking to others, like friends, family and professionals at this time is important.
- Write down how you are feeling, as an outlet or to understand different thoughts and emotions.
- Try a simple breathing exercise:
 1. place your hand on your tummy, to feel your tummy go up and down.
 2. breathe in through your nose for **5 seconds**.
 3. hold your breath for **2 seconds**.
 4. breathe out through your mouth for **7 seconds**.



Where can I go for online support?

There are a number of trusted online services that offer support if you want to talk, learn about ways to cope, or connect with others.

Support for young people from Armed Forces families

[KOOOTH.com/MOD](https://kooth.com/MOD)

Provides free mental wellbeing support for young people aged 11-19 from Armed Forces families, both in the UK and overseas. You can chat online with trained mental health practitioners, use self-help tools, or take part in moderated community support.

kooth.com/mod

Support for all Armed Forces family members

[Headspace](https://www.headspace.com)

Headspace offers free access to mindfulness, breathing, and relaxation tools to support mental wellbeing for families and Armed Forces personnel who sign up using a MOD email address.

[headspace.com](https://www.headspace.com)

[HeadFIT](https://www.headfit.org/)

HeadFIT provides simple, practical tools to help you look after your mental fitness, including tips, exercises and self-help resources.

[headfit.org/](https://www.headfit.org/)

[Togetherall](https://www.togetherall.com)

Togetherall is an online support service for Armed Forces family members aged 16+. It offers anonymous, 24/7 access to trained counsellors, a supportive community, and a range of self-help resources.

[togetherall.com](https://www.togetherall.com)

Other support available to all young people

[YoungMinds](https://www.youngminds.org.uk)

YoungMinds provides information, advice and support for children and young people experiencing mental health difficulties.

[youngminds.org.uk](https://www.youngminds.org.uk)

[Mind \(for young people\)](https://www.mind.org.uk/for-young-people/)

Mind offers guidance, resources and support to help young people understand and manage their mental wellbeing.

[mind.org.uk/for-young-people/](https://www.mind.org.uk/for-young-people/)

[The Mix](https://www.themix.org.uk/)

The Mix provides free, confidential support for young people, including information, one-to-one support and helpful resources.

[themix.org.uk/](https://www.themix.org.uk/)

