



Confidential mental health and wellbeing support

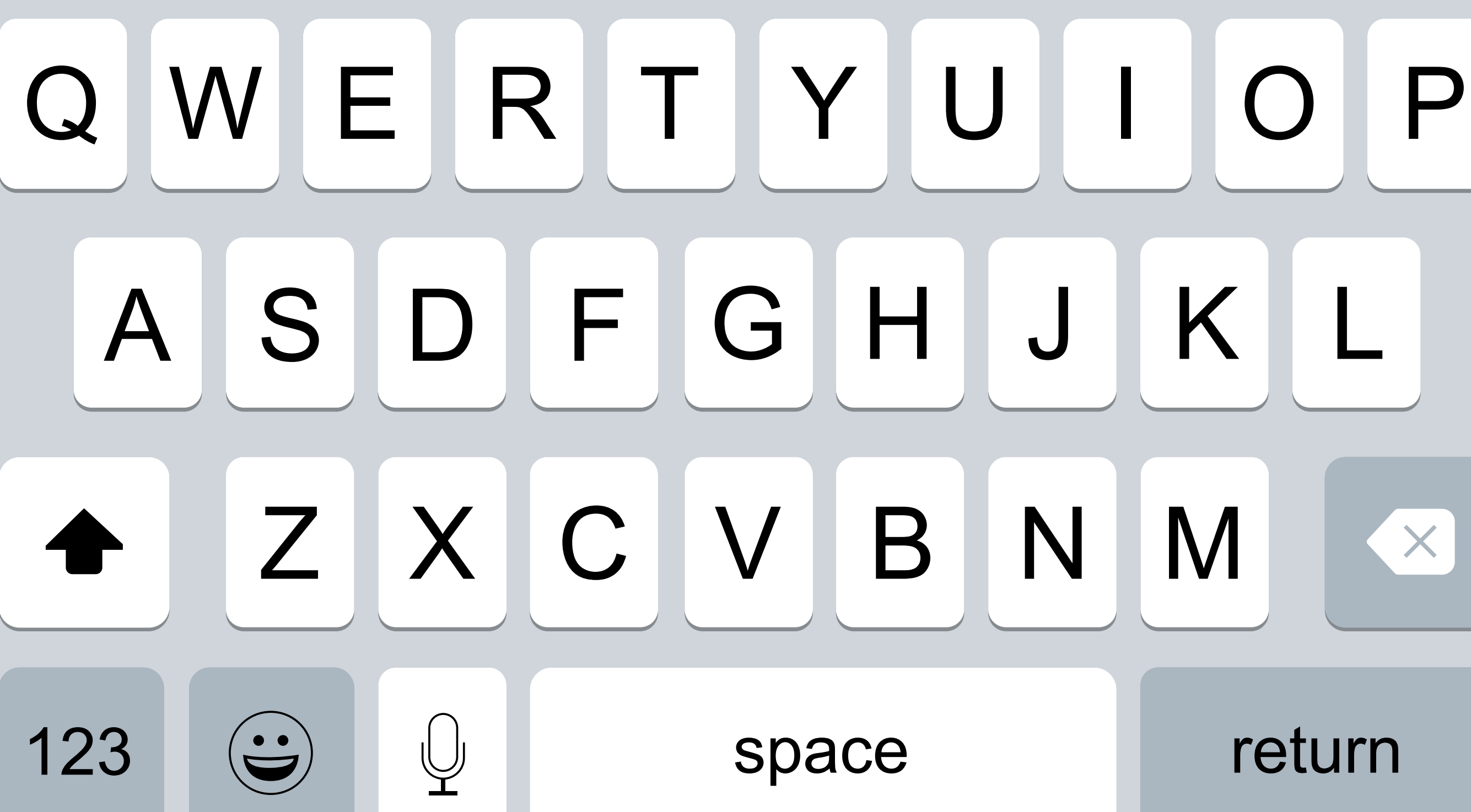
Get answers to the questions you really want to
ask, and much more on The Wellbeing Hub.



I don't know what to
do. I want to make
friends but I just feel
so self-conscious
when I am with new
people...



10:45 AM





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**It's okay to not be okay,
reach out for help.**



We're here to support you.

Head to The Wellbeing Hub for
confidential support, advice,
and answers on mental health
and wellbeing.



Try to focus on the things that you can control, rather than the things that you can't

Limit your exposure to news to reduce anxiety

20 minutes of exercise reduces cortisol levels (stress hormone) for 24 hours

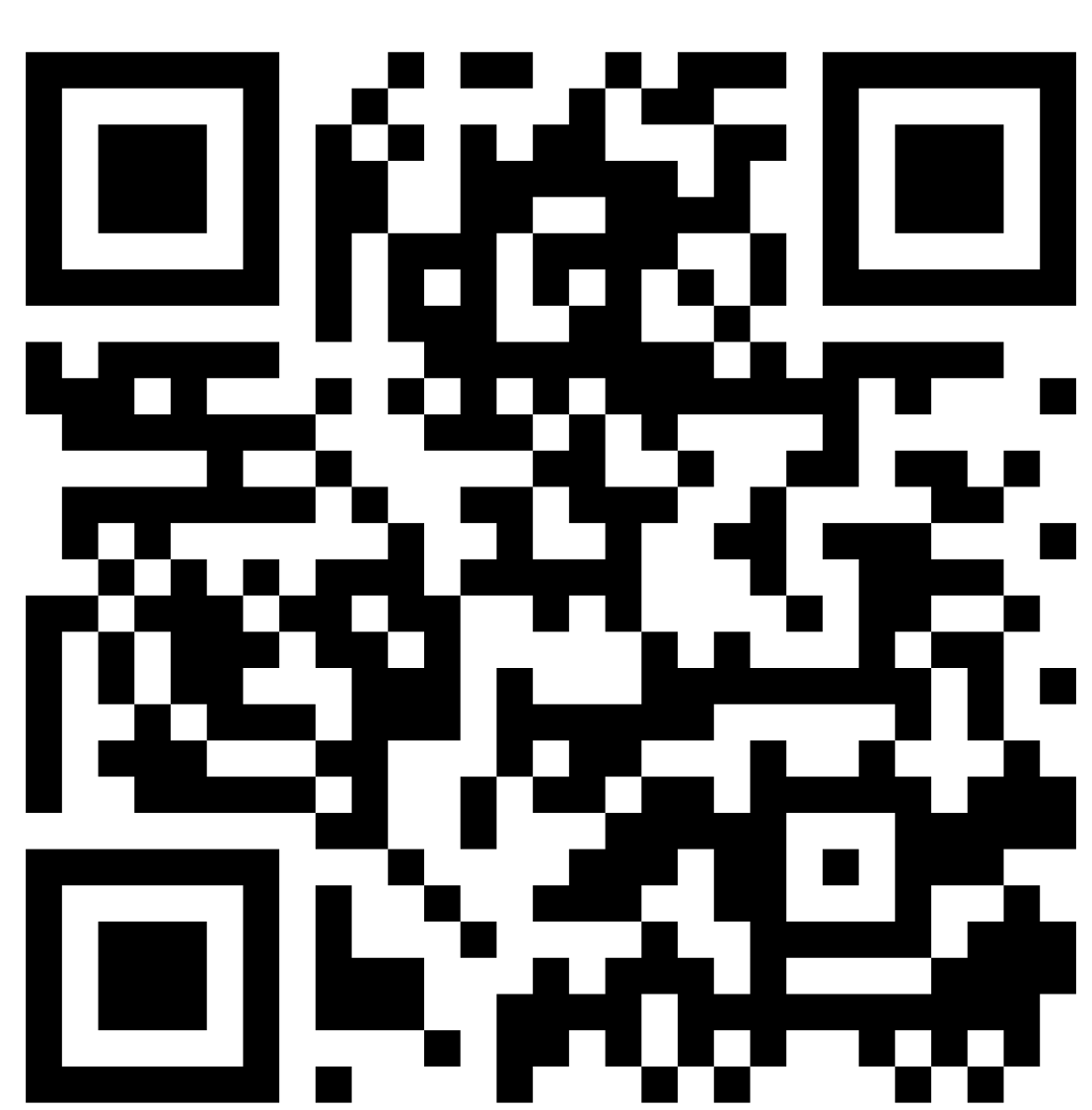
Too much speculation is a waste of time and energy. Whatever happens in life believe that you can and will deal with it

Make sure you get outside every day – nature has an amazing way of making us feel calm

Curate your social media feed so you only follow people who make you feel good

Do at least two things everyday that make you smile

Human connection is incredibly important – organise a few social events each week



— The —
**Wellbeing
Hub**
— from Teen Tips —



Tips for protecting your mental health