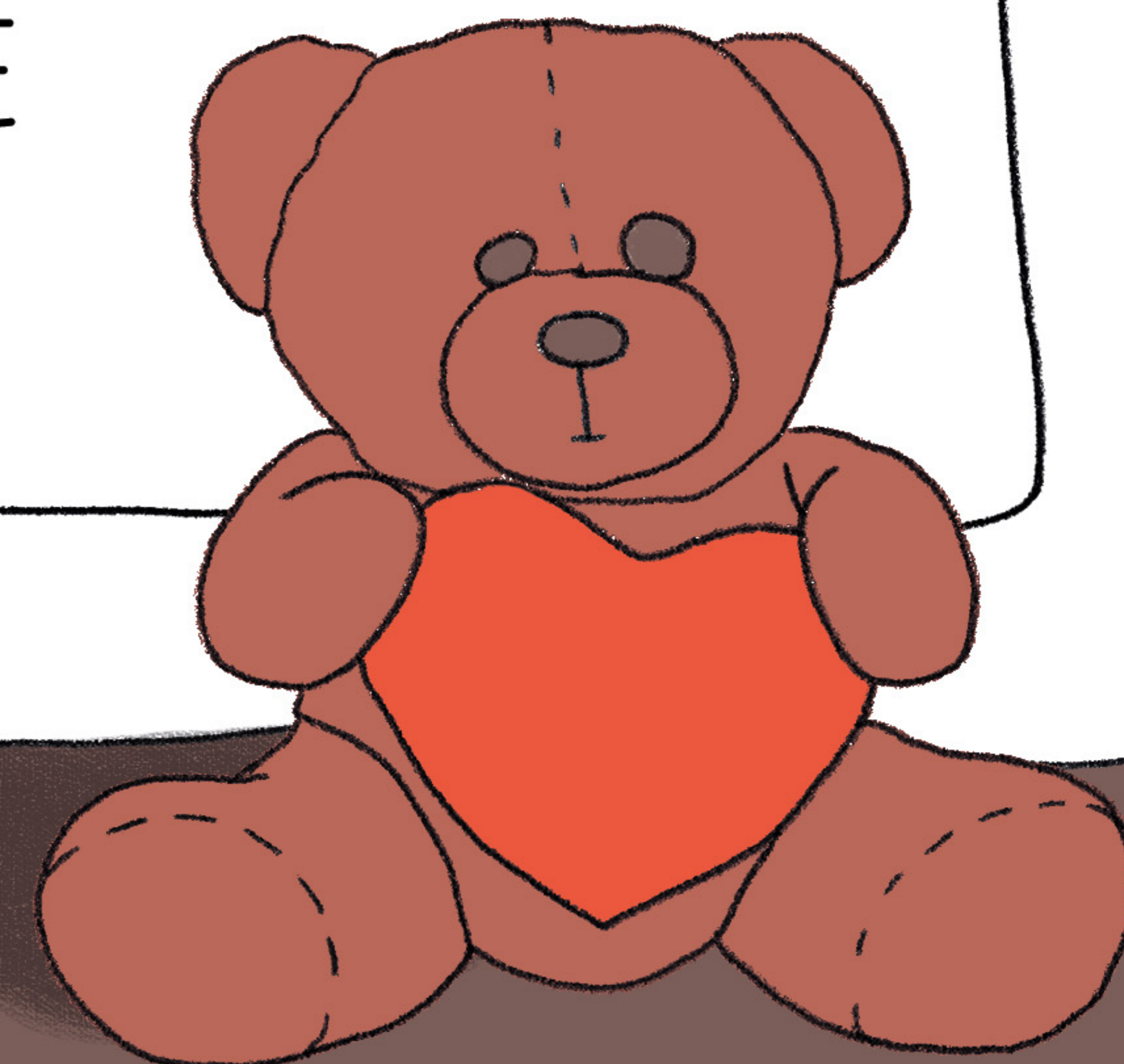


YOU DESERVE TO BE **PROTECTED FROM VIOLENCE** AND HAVE THE RIGHT TO **SHARE YOUR OPINION** AND **BE HEARD**. IT'S OKAY AND NORMAL IF YOU FEEL SAD, ANGRY, OR SCARED. IT'S OKAY AND NORMAL IF YOU DON'T KNOW HOW YOU FEEL TOO. **YOU CAN ASK FOR HELP**. YOU ARE NOT ALONE, THERE ARE PEOPLE WHO CAN HELP YOU.



BE SAFE - MENTAL HEALTH

IT IS VERY IMPORTANT TO GET SOME EXTRA HELP IF YOU ARE FINDING IT HARD TO COPE.



GET HELP FROM A RED CROSS RED CRESCENT PERSON OR A TRUSTED ADULT IF YOU EXPERIENCE ANY OF THESE WARNING SIGNS:

YOU ARE UNABLE TO CARRY OUT YOUR USUAL ACTIVITIES BECAUSE OF HOW YOU ARE FEELING



THERE ARE EXTREME OR LONG-LASTING CHANGES TO YOUR USUAL EATING AND SLEEPING HABITS



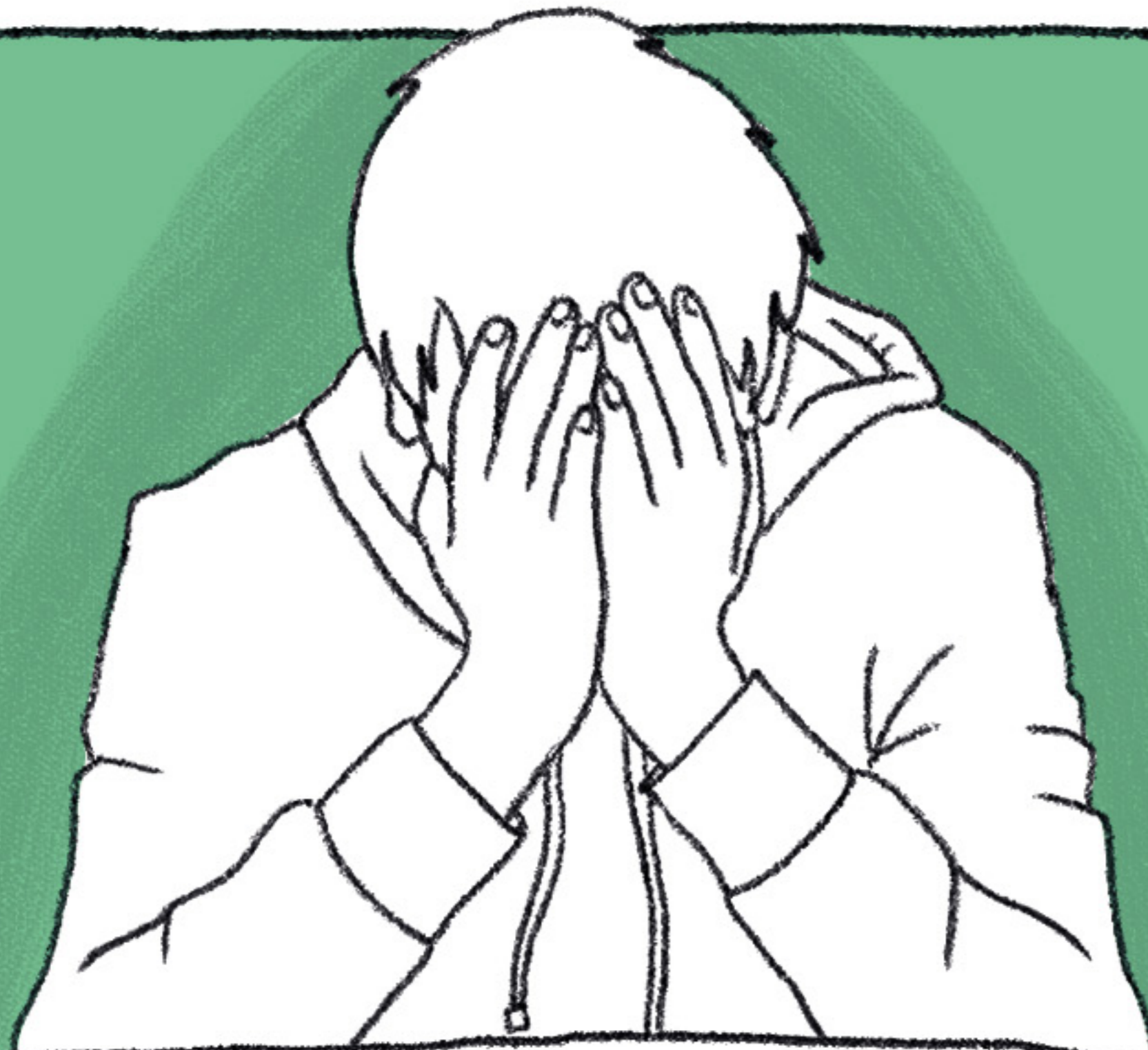
YOU OFTEN FEEL PANICKED, FOR EXAMPLE, FEELING LIKE YOU CAN'T BREATHE OR THAT YOUR HEART IS POUNDING, AND BEING UNABLE TO CALM DOWN.



YOU ARE USING ALCOHOL OR DRUGS TO COPE.



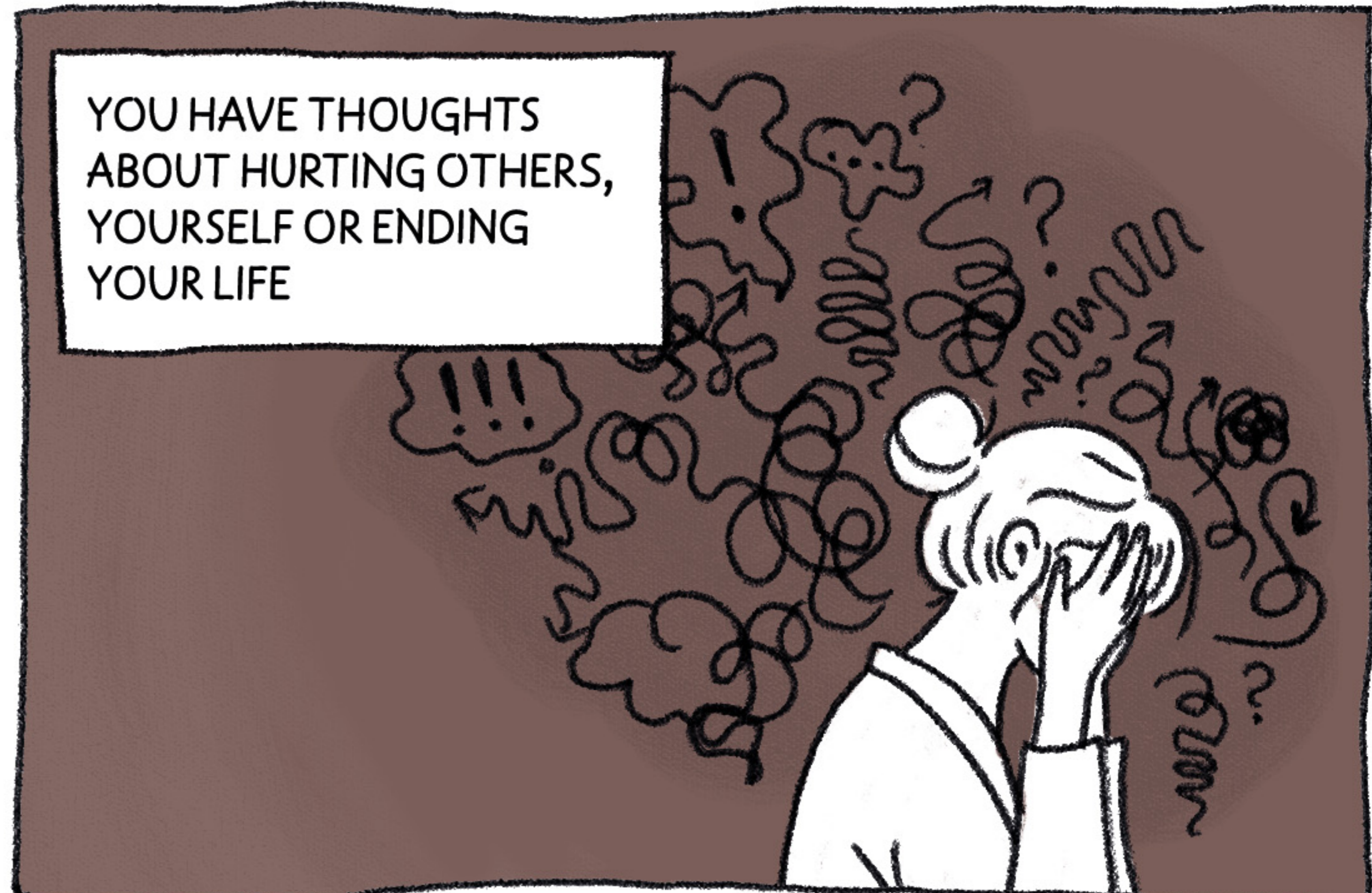
YOU FEEL THAT LIFE IS NO LONGER WORTH LIVING.



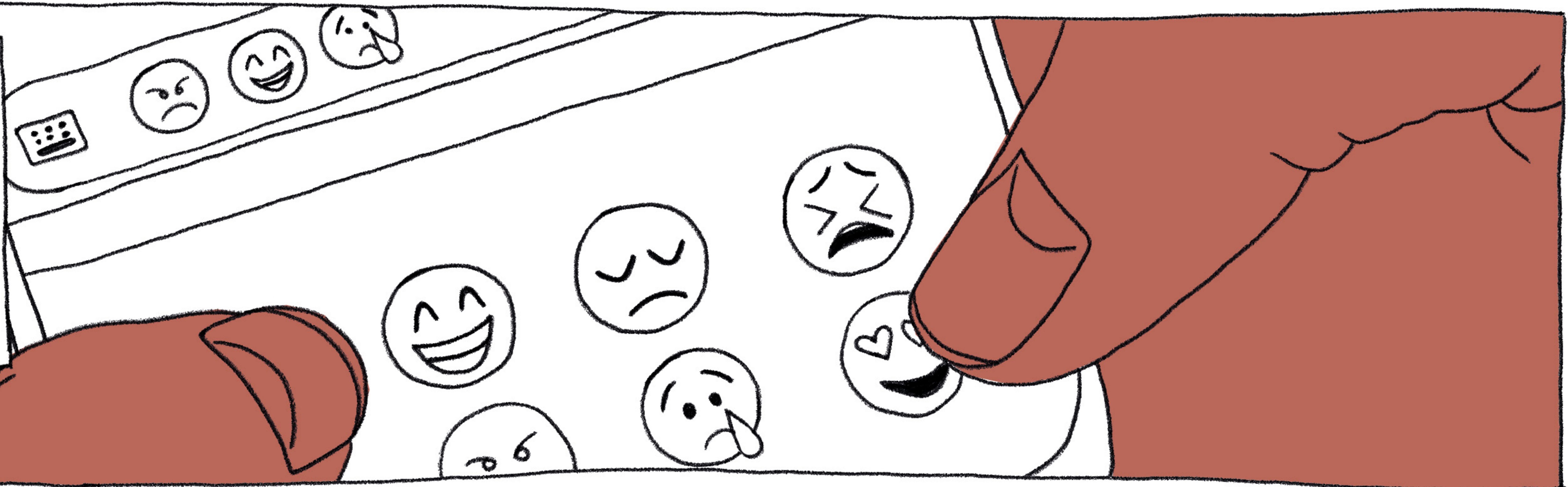
YOU ARE EXPERIENCING VIOLENCE OR ABUSE.



YOU HAVE THOUGHTS ABOUT HURTING OTHERS, YOURSELF OR ENDING YOUR LIFE



SOME SITUATIONS LIKE EMERGENCIES CAN BRING A LOT OF DIFFICULT EMOTIONS. YOU MAY FEEL STRESSED AND OVERWHELMED BY EVERYTHING THAT IS HAPPENING AROUND YOU. IT CAN BE DIFFICULT TO DEAL WITH THESE FEELINGS, TO COMMUNICATE THEM TO OTHERS, AND TO ASK FOR HELP.



REMEMBER, IT IS NORMAL TO FEEL INTENSE EMOTIONS DURING A CRISIS. YOU MIGHT EXPERIENCE FEELINGS LIKE:

WANTING TO TAKE MORE RISKS THAN USUAL

HOPELESSNESS

LOSS OF MEANING AND PURPOSE

FRUSTRATION WITH AUTHORITY

ANGER

GUILT AND SHAME

SADNESS

AGGRESSION

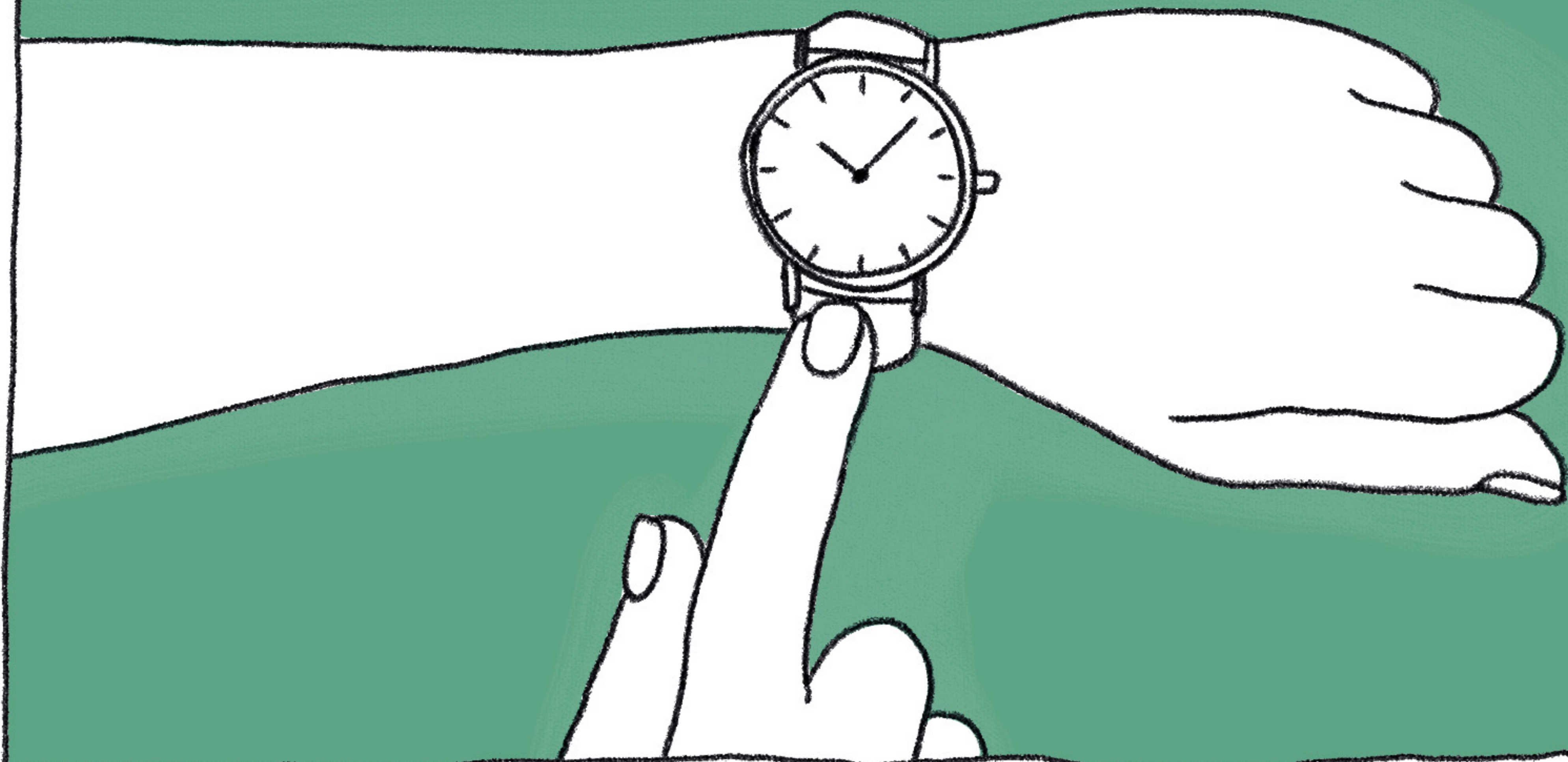
FEAR

GRIEF

DEEP CONCERN FOR OTHERS



YOUR FEELINGS ARE VALID AND IMPORTANT: IT'S NORMAL TO HAVE FLUCTUATING FEELINGS. IF YOU ARE SCARED, SAD, OR CONFUSED, REMIND YOURSELF THAT THIS SITUATION - AND THE WAY YOU FEEL RIGHT NOW - WILL NOT LAST FOREVER.



THERE ARE NO 'RIGHT' OR 'WRONG' EMOTIONS. TRY TO BE PATIENT WITH HOW YOU ARE FEELING. IF YOU NOTICE YOU ARE EXPERIENCING DIFFICULT EMOTIONS, TRY TELLING YOURSELF: 'I FEEL WORRIED AND SCARED, BUT THAT DOES NOT MEAN I AM NOT COPING'.



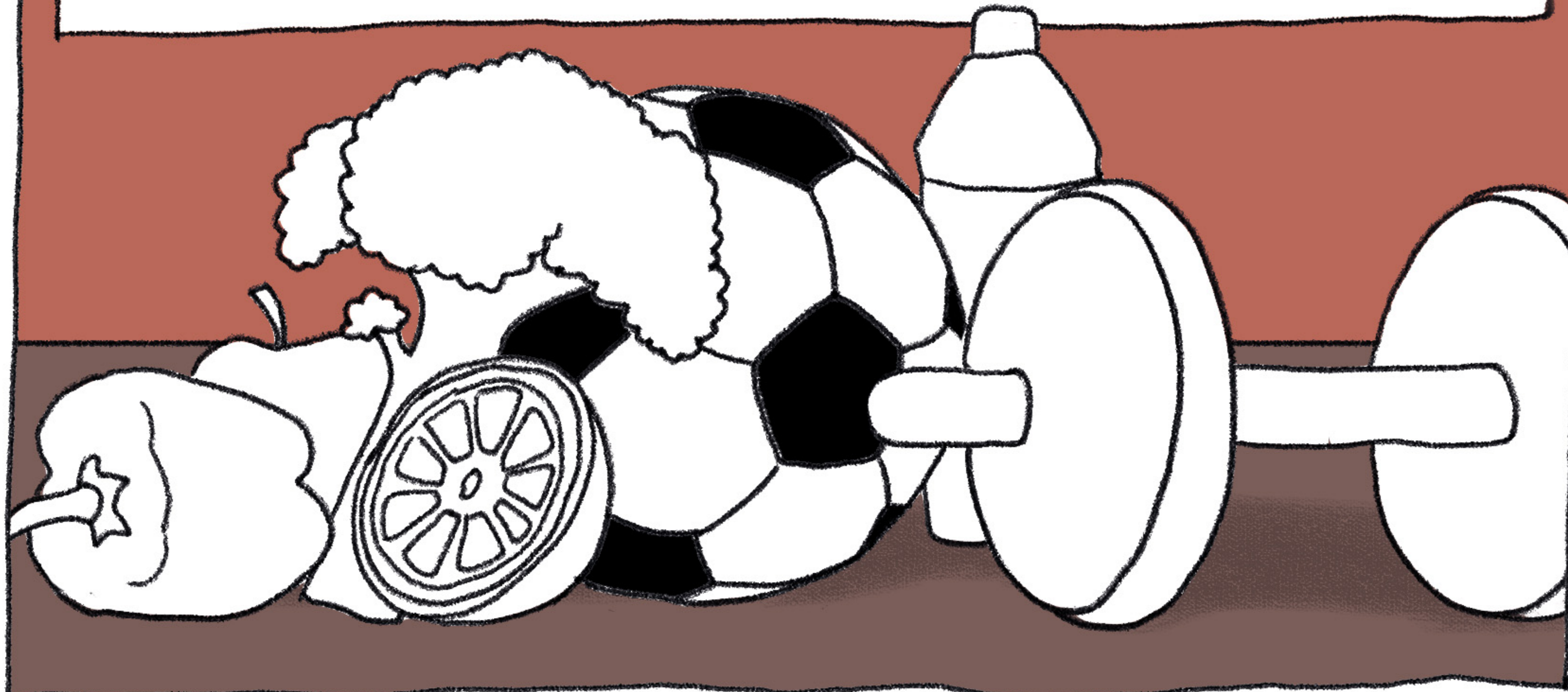
YOU ARE NOT ALONE. CONNECT WITH FRIENDS AND LOVED ONES. SPENDING TIME TOGETHER - EVEN ONLINE - CAN BE A GREAT SUPPORT. WE ARE STRONGER TOGETHER.



SHARING YOUR FEELINGS WITH SOMEONE YOU TRUST CAN HELP. REMEMBER, YOU DON'T HAVE TO TALK ABOUT EVERYTHING YOU ARE EXPERIENCING AT ONCE. YOU CAN START BY JUST SHARING A LITTLE BIT OF INFORMATION OR LETTING SOMEONE KNOW THAT YOU WOULD LIKE SOME SUPPORT.



TAKE CARE: AS MUCH AS YOU CAN, IT IS IMPORTANT TO LOOK AFTER YOUR BODY AND YOUR MIND - TRY TO STAY PHYSICALLY ACTIVE (E.G. GOING FOR A WALK IF IT IS SAFE TO DO SO, DOING SOME STRETCHES, FOLLOWING EXERCISE VIDEOS ONLINE), TO EAT WELL, AND TO GET A HEALTHY AMOUNT OF SLEEP (TOO LITTLE OR TOO MUCH WILL MAKE IT DIFFICULT TO HAVE THE ENERGY AND MENTAL FOCUS YOU NEED).



TAKE BREAKS: IT IS OKAY TO TAKE TIME FOR YOU, YOUR MIND NEEDS TO RECHARGE. YOU CAN REST OR DO THINGS THAT ALLOW YOU TO ENJOY YOURSELF: LIKE DRAWING, LISTENING TO MUSIC, PLAYING GAMES.



KEEP A ROUTINE: HAVING A DAILY ROUTINE CAN BRING STABILITY. AS MUCH AS YOU CAN, TRY TO KEEP YOUR USUAL ROUTINES, SUCH AS REGULAR MEALTIMES AND BEDTIMES. IT HELPS YOU KNOW WHAT TO EXPECT, AND IT'S A WAY TO TAKE CONTROL WHEN THINGS FEEL UNCERTAIN.



YOU ARE NOT ALONE. THERE ARE PEOPLE WHO CAN HELP YOU. IF YOU DO NOT TRUST ANYONE IMMEDIATELY AROUND YOU, LOOK FOR A RED CROSS RED CRESCENT VOLUNTEER, SOMEONE FROM ANOTHER AGENCY YOU TRUST, OR CALL A LOCAL HELPLINE.

