

LET'S TALK ABOUT YOUR FEELINGS...



Talking about your feelings and asking for help when you feel sad or worried is a really good idea...

...and there are lots of people you can talk to – **you are never alone with your worries.**

The Children's Commissioner listens to children and makes sure their voices are heard.

Recently we asked all the children in England how they were feeling, and we had over half a million replies!

Children told us the pandemic had an effect on them and it's sometimes difficult to know who to talk to about your feelings.

It is completely normal to have more difficult times, and to ask for some extra help.

LONELY?

SAD?

Worried?

**TALKING
REALLY
HELPS**

Children told us:

“Lockdown really stops children because they can’t do that much stuff we love.”

– Girl, 9

“It was hard not seeing your friends all the time.”

– Boy, 12

“Having someone to talk to helps a lot as young people are struggling more and having someone that will listen to you would definitely help.”

– Girl, 14

“We need someone to listen to us - all I really want is someone to talk to.”

– Girl, 11

Have you felt anything like this?

Here are some people you can talk to:

- An adult in your family: your parents, carers, or grandparents.
- A professional: a teacher, social worker, or doctor.
- Call Childline free on **0800 1111**, 24 hours a day, 7 days a week, or visit their **website**, and they will talk about anything you want.
- Text **Shout** on **85258** if you need help quickly.

