

## What should you do if some part of this study made you feel upset?

If any of the topics discussed or any of the questions asked **made you to feel upset, sad or distressed, please talk to a parent or another trusted adult**. They would most likely ask you about how you found the tasks and about your experience in participating in the study, and this might be a good time to discuss with them if you are upset about the questions you were asked and how the topics made you feel.

If you would like to get in touch with one of the researchers regarding this, just ask your parents to email us, and we would be happy to help you.

## HELPLINES:

If you would rather talk to someone about these feeling who is not a parent or another adult close to you, there are various charities and groups of people who **offer help and advice to children and young people about different issues, including mental health and bullying**. You can go on to their website to read what they have to say or call them up. Here are some of them:



A charity providing information about getting help with mental health problems and accessing services.

**Website:** <http://www.mind.org.uk/>



A free, private and confidential service where anyone under the age of 19 can talk about anything.

**Telephone Helpline:** 0800 1111

**Website:** <https://www.childline.org.uk/>



A charity providing support with bullying at home, in the community, the playground, the workplace or on-line.

**Telephone helpline:** 0845 22 55 787 (Open 9am to 5pm Monday to Friday)

**Website:** <https://www.nationalbullyinghelpline.co.uk/>



Advice for school, workplace and cyberbullying.

**Telephone helpline:** 0808 800 222

**Website:** <https://www.bullying.co.uk/>



A charity providing support to people with autism

**Website:** <http://www.autism.org.uk/>