

**STAY
HOME**



**TAKE
CARE**



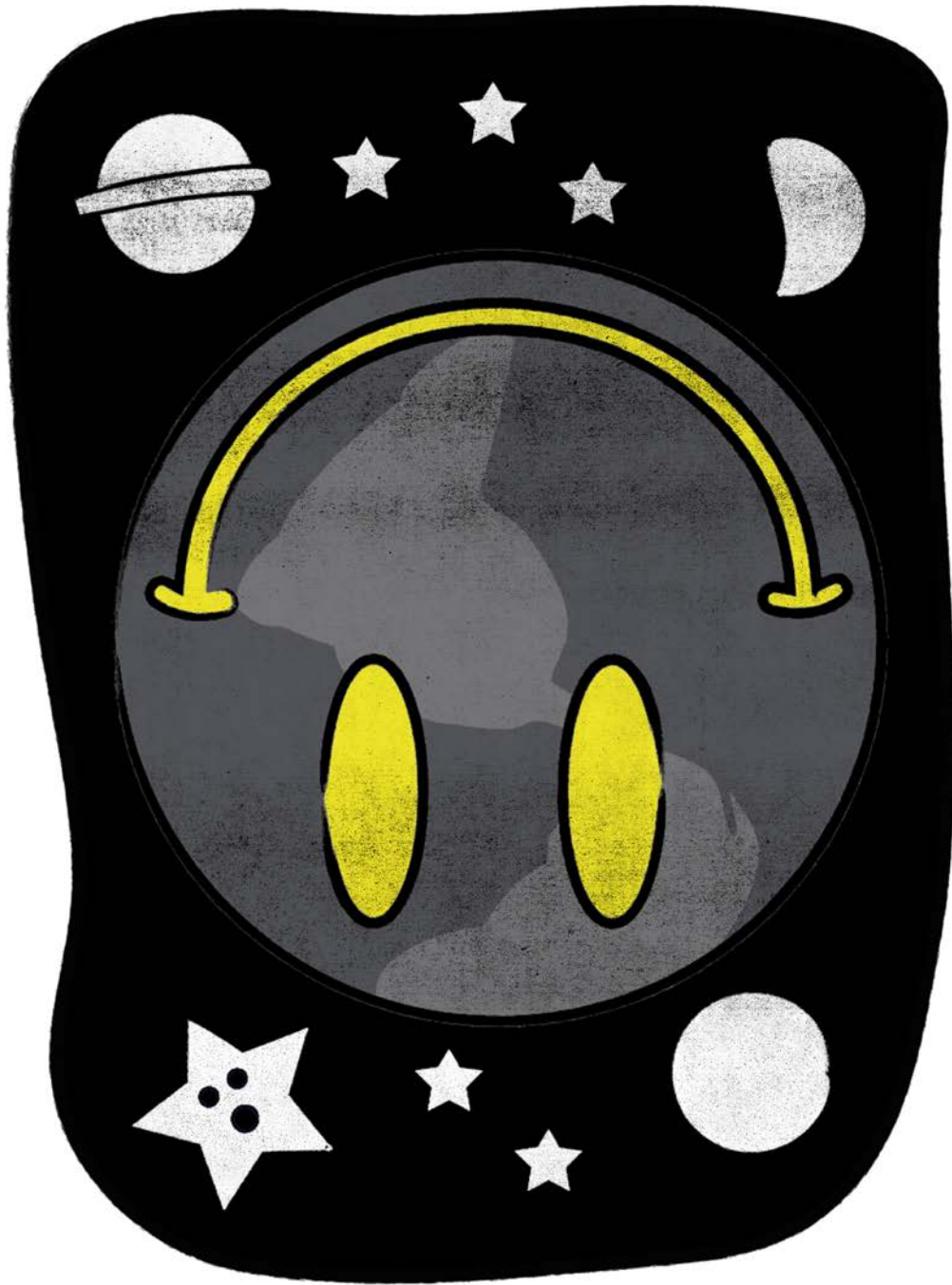
**READ
ZINES**

**STAY
HOME**

**TAKE
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**READ
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**A guide to surviving
lockdown by James Ashe**

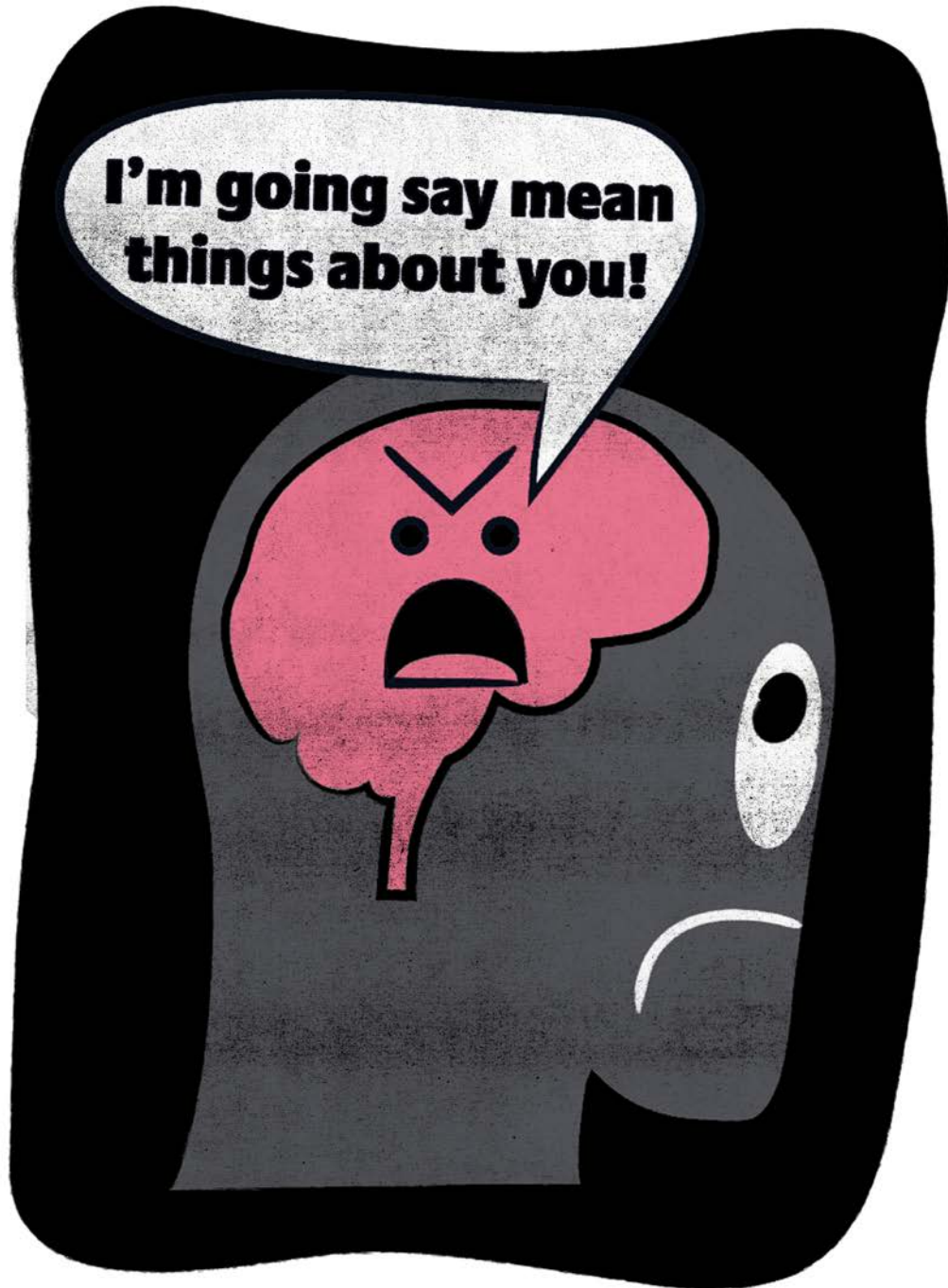


**So, your world's
been turned
upside down.**

**But hang in there,
do not despair;
you're not alone.**



**Your own home is
a prison, and you
don't know what
to do.**



**Sometimes your
own worst enemy
is your mind, so be
kind to it.**

So here's some handy tips:

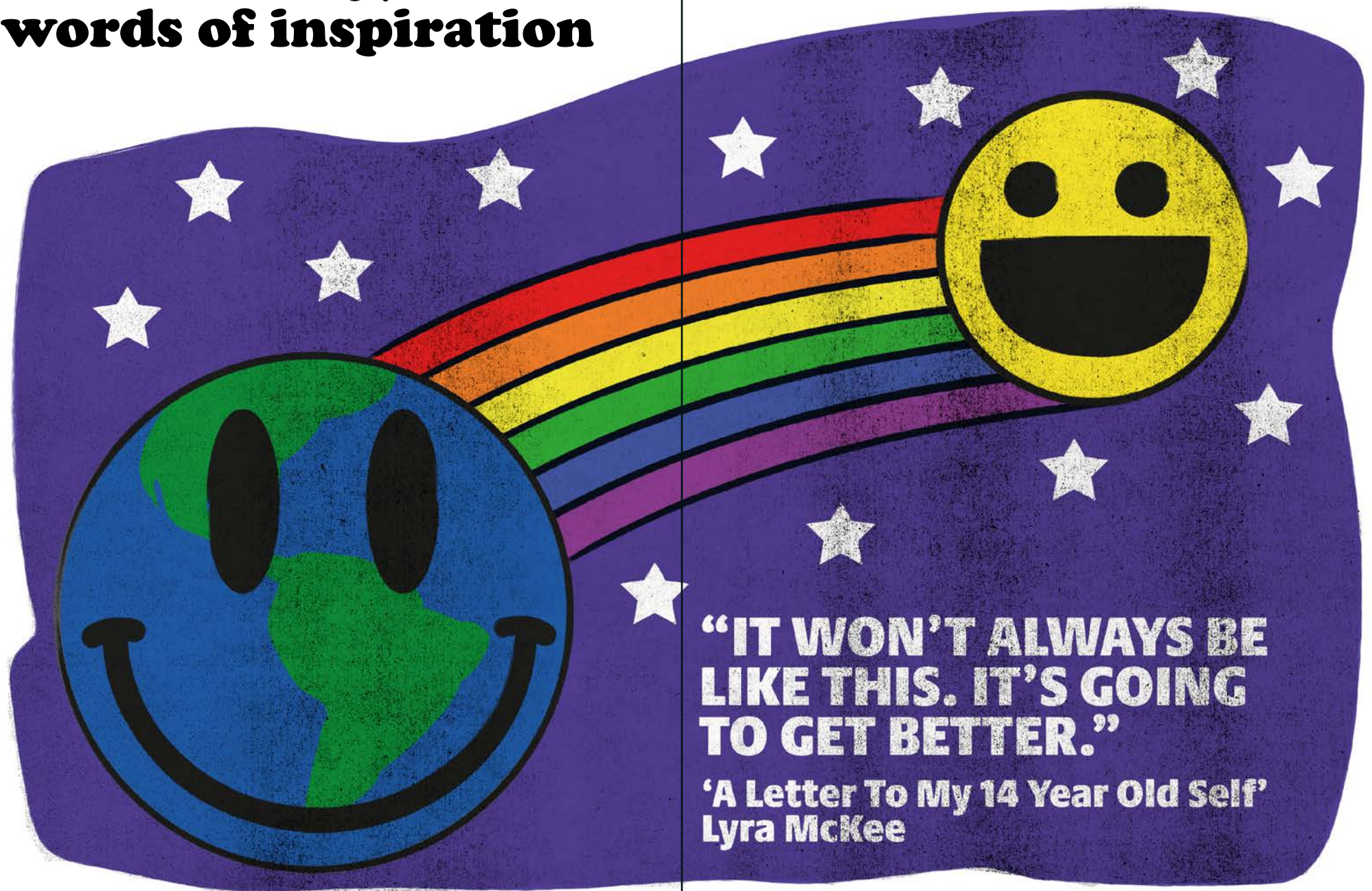
- **turn off the TV**
- **get off your phone**
- **ignore negative news**
- **chat to friends**
- **think of good times**
- **listen to music**
- **pet an animal**

But importantly:

- **you are loved**
- **you are valid**
- **you are not alone**
- **never let anyone
tell you otherwise**



**Now finally, some
words of inspiration**



**“IT WON’T ALWAYS BE
LIKE THIS. IT’S GOING
TO GET BETTER.”**

**‘A Letter To My 14 Year Old Self’
Lyra McKee**

**There will always be
help, don't be afraid.
You'll never be alone.**

Samaritans:

116 123
jo@samaritans.org

Childline:

08001111

Switchboard:

0300 330 0630
chris@switchboard.lgbt

The Rainbow Project:

028 9031 9030

Transgender NI:

0300 302 3202
info@transgenderni.org.uk

Mind:

0300 123 3393
Text: 86463
info@mind.org.uk

The Proud Trust:

0161 660 3347
info@theproudtrust.org

Over The Rainbow (St Helens):

01744 457 243 (Ask for Emma)
shealth.improvement@sthk.nhs.uk

**DELIVERED
TO YOU BY**



National Help Zines