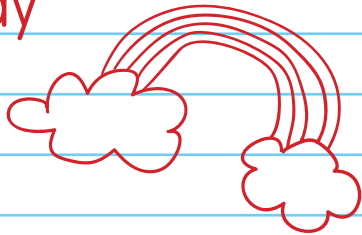


my  
'sorted'  
diary  
HOW I  
HELP MYSELF

# monday

Dear Diary,



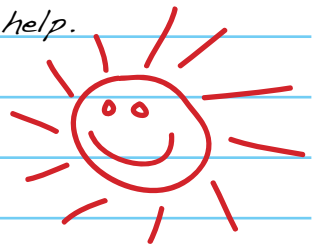
WHY IS IT  
ALWAYS  
ME??!!

Had a rubbish day at school again today!!! Why did I do it! I knew I shouldn't have said what I said on Facebook about Lauren.. I think I cracked.. I have taken so much crap from her for so long... And well what can I do about it now, its there in black and white and now I have to face everybody in school.

Rachel told me that Lauren and all her pals are after me and to be honest, I'm really scared. Why is it always me! I can't seem to remember a time when I wasn't bullied, have I got KICK ME written on my forehead! I feel so alone.. and, sometimes, I think things will never be good for me and, and sometimes I just feel like ..... giving up, because ... what's the point?

That's Rachel on the phone, will I answer? I don't know if she can help, I don't know if anyone can help.

Kiera



## IT'S OK TO ASK FOR HELP

Dear Kiera,

I'm really sorry you feel like this it sound really tough.

I want you to know you are not alone and people do care, it's just sometimes it doesn't feel like it.

Writing comments on facebook in the heat of the moment is always a mistake as you are more likely to say something you will regret later. It sounds like you reacted to a bullying situation that may have been going on for some time and you are not sure why you are getting bullied. People can pick on any small thing and turn it round to hurt you and its sometimes hard to know how to stop this.

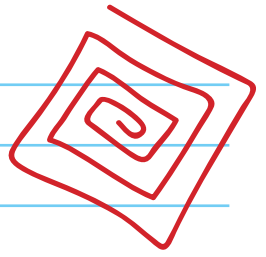
Talking to someone you trust about your feelings can help you to understand and make sense of the emotions that you are experiencing. This helps you to feel less isolated but also gives that person an idea of how to support you. People such as friends, family and guidance teachers are good. If you feel you can't talk to anybody close to you why not come to The Corner Drop In and talk to a health worker in confidence.

### NOTE TO SELF:

Spoke to Rachel, she is right, this situation has got out of hand. Right... I am going to tell mum what's going on and maybe she will come with me to speak to the guidance teacher tomorrow. Do you know what? I am feeling better already.

tuesday

LEGAL  
HIGHS  
& LIAM?



Dear Diary,

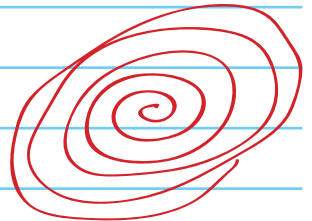
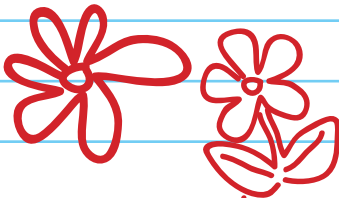
I was at Holly's party last night it was brilliant Liam was there.... He's just so cool and seems really popular! I know he's a bit older but everybody says I'm mature for 14.

Anyway when Liam came over to talk to me I couldn't believe it I didn't think he would notice ME!!! We talked for ages, he's so much more grown up than the boys my age, they are just soooooo immature!!!!

I really like him, he offered me some stuff, you know...legal highs, to be honest I don't know what they were. He knows so much... he said I would feel great after taking them and that they were legal and safe...!

To be honest I didn't know what to do, I do really like Liam but I was a bit scared so I said no. He was totally cool with my decision but I'm not sure if it was the right decision as he seemed to lose interest in me after that. Anyway I know he's coming to Rachel party next week and I'm thinking if he offers again I might try it, I mean its safe right?

Jo



## WHAT ARE THE FACTS?

Dear Jo,

I'm glad you enjoyed your party. It sounds like you met a boy you liked but it also seems you don't know much about him. Being 14 you are moving toward adulthood and feel you would like to start dating guys and its true boys tend to develop later so an older boy may seem appealing. However what do you really know about Liam? So far he seems popular, you may need to ask yourself why? Is it because he is giving away drugs, are your friends impressed by him just because he appears cool, mature etc. Why is a mature guy going to a younger girl's party?

Also he seemed cool when you said no to taking his drugs, yet he backed off, do you think that was a coincidence, could he be trying to manipulate you?

How do you know the drugs are safe? (You do not know what it contains and how your body will react to it.) A large percentage of 'so-called' legal highs contain a substance called Mephadrone which in fact is a Class B Drug. Mephadrone is such a new drug that not even the scientists understand yet the long-term impact of taking it. Are you prepared to risk taking it?

**NOTE TO SELF: REMEMBER never act on impulse! I've been looking at the CREW2000 website and do you know what, I'm glad I said no, I usually have good instincts about stuff, maybe not Liam though?**

wednesday

WHY DO I  
FEEL SO  
ANGRY??!!



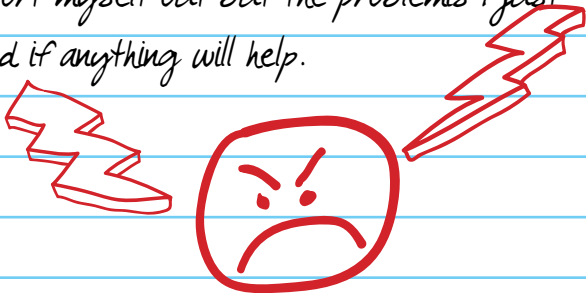
Dear Diary

Got into trouble at school again today, they just don't get it, I can't think straight at school and it bores me. I used to be such a swot as well, but that was before...before Dad lost his job and it all turned to crap.

Sometimes I don't know what's wrong with me I just feel so angry all the time and I seem to get into fights a lot because everybody annoys me. I know at times it's my fault I just feel so angry. I am happier on my own these days and no one can, you know, give me grief.

Mum and Dad are arguing again it always happens when a bill comes in, dad says he's going to sell my laptop and he doesn't understand that Facebook is all I've got. So I will tell him that I hate him and he'll give me a slap, suppose I'm used to it now cause it doesn't seem to hurt like it used to. Arran says that I'm an idiot and need to sort myself out but the problem is I just don't know what to do and if anything will help.

Ben



## A PROBLEM SHARED....

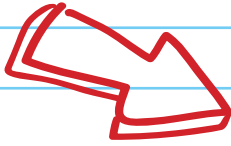
Dear Ben,

I'm really sorry, it sounds like you are having a really rough time. It's not surprising that you are struggling at school with everything that's happening at home. Your dad losing his job has obviously had a huge impact on your whole family especially him and it doesn't sound like he is coping very well and he's taking it out on you. Ben, you have a right to be safe and secure in your home and I wonder if you feel that. Your anger may come from the environment that you're living in now or from something else that you have experienced. It is not until you talk to someone and work through your anger that you will truly understand the emotions that you are experiencing and be able to make sense of them. Talking to friends is good but perhaps you need a bit more help.

The Corner SUPPORT-U service includes confidential support for young people to talk about any issues that are going on in their lives.

**NOTE TO SELF:** Go to Corner Drop In, I'm sick of trying to deal with on my own, I'm going to make an appointment for support and maybe, if I need to see the Doctor, they will support me to go.

# thursday



I FEEL  
SO ALONE....

Dear Diary

I'll never forget the moment that my mum and dad walked in the door, everything felt like it was in soft focus and slow motion and I knew he didn't make it and I felt a heavy thud in the pit of my stomach.

That was a year ago and to be honest I still find it hard to talk about, I mean why him? They say it was an accident my brother just went off the road and that was it, the end. I miss him so much but people just seem to have moved on, why can't I, why do I still feel so numb?

I'm doing ok at school I suppose, I just threw myself into my studies and everybody thinks I'm ok. What they don't know is I feel so down and on my own, I find it difficult to tell people how I feel. They just think I'm weird and maybe I am? I just don't understand what is happening to me and who can help.

Sam





## SHARE YOUR FEELINGS..

Dear Sam,

I am so sorry you have lost your brother. It sounds like you are experiencing a lot of emotional pain and have trouble talking to people about what you are feeling at the moment. It is important that you talk to someone about this as it sounds like it is beginning to make you feel down. Getting over the loss of a loved member of your family takes time and there is a process to it, the important thing is that you share this with someone. Maybe you find it hard to share with your family because of the impact that it has had on all of you. Although it's good to be open with your family you may initially feel more able to talk to someone outside the family. At the Corner we can provide you with support around these issues or support you to find specialised services

*NOTE TO SELF: It's time I got help, I must talk to someone. If I go to the corner they might help and also support me to talk to my parents about what's going on.*

friday

Dear Diary,

TOO MUCH  
PRESSURE!!!

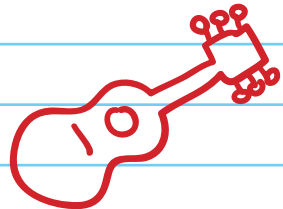


Standard grades are coming up and I feel under so much pressure. Teachers keep telling me that the results will map the rest of my life and I have to make decisions about what I am going to do with my life! I DON'T KNOW! Why can't they back off!

The truth is I can't sleep because all this stuff goes through my head all the time, so I'm pretty tired at school and feel rubbish... I'm really beginning to struggle. What if I fail, does that mean I'm never going to get a good job? You see, I hate studying, I'm not really good at it, I can read and read, but I don't take anything in.

The more I don't take stuff in, the more I stress out and to be honest I feel pretty stressed all the time. Dad says it's the most important time at school and I want to say I KNOW! But I just feel under more pressure, sometimes I think I can't cope and I don't know what to do.

Ryan



## IT'S GOOD TO TALK....

Dear Ryan

It sounds like you are feeling under a lot of pressure with your upcoming exams and it is beginning to affect you physically. Stress can have a massive effect on your physical health, which can then affect how well you can cope which is a very unhelpful cycle. It is important that you speak to someone about how you are feeling and how it is affecting you. First, have you spoken to your guidance teacher, there might be supported study groups which can help? Do your parents know about your sleeping issues and how much pressure you feel under? Maybe if they knew how its affecting you they could help? If you don't feel like you can talk to a parent or teachers, you can talk to a support worker at the Corner. Remember you are not alone a lot of young people feel the same about exams but you must be careful that this isn't having a damaging affect on your health.

NOTE TO SELF: I am gonna get some help  
I know I am not coping and no one can help if I don't tell them.  
I'll speak to my guidance teacher tomorrow and see  
what help there is at school.

# saturday

WHY CAN I  
NOT BE LIKE  
THEM?



Dear Diary,

I'm just so sick of looking at myself in the mirror, I've got to get something big enough to cover it. Why can't I be prettier like Lauren, then I wouldn't need to feel like this every day. I just don't seem to fit in with everyone else, I'm not "perfect" like the rest of the girls in my class. I just wish I could be taller like Lauren, she always looks good. All the magazines that everyone reads in my class don't seem to help either. There always full of celebrities looking great, then there is me. Mum's always reassuring me that I am perfect in my own way and that everyone is different, but she doesn't understand what it feels like, and plus she has to say that right? I just wish I looked different, then people would maybe start noticing me.

Julie



IT'S GOOD  
TO BE YOU!

Dear Julie

It sounds like you are pretty hard on yourself, remember that you are unique and that everyone has things they like about themselves and things they don't, (even Lauren). At the moment you will be going through puberty, this is a time when the body goes through many changes. These changes can make you feel tempted to compare yourself to others, yet we are constantly changing as we grow older, so try and focus on what's unique and positive about yourself. Many celebrities like Taylor Swift have talked about being not being confident growing up and look at her now! I know it sounds corny but beauty comes from within and is about being confident and accepting who you are as a person.

Start thinking about the positive things about being YOU!

Write a list and remind yourself of them everyday. LISTEN, when people say positive things to you, if you only listen to negative things you will only feel negative about yourself. This will help you to believe in yourself and feel more positive.

NOTE TO SELF: I start liking ME.

If I don't like me who else is going to - Right? To start with I'm gonna need help, I think I might pop into the Corner Drop In and speak to someone.



**Bullying**  
[www.childline.org.uk](http://www.childline.org.uk)



**Drugs**  
[www.talktofrank.com](http://www.talktofrank.com)  
[www.knowthescore.info](http://www.knowthescore.info)  
[www.crew2000.org.uk](http://www.crew2000.org.uk)

**Anger**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
[www.nhs.uk](http://www.nhs.uk)

**Self-harm**  
[www.childline.org.uk](http://www.childline.org.uk) [www.nshn.co.uk](http://www.nshn.co.uk)



**Grief**  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)  
[www.kidshealth.org.uk](http://www.kidshealth.org.uk)  
[www.cruisebereavementcare.org.uk](http://www.cruisebereavementcare.org.uk)

**Self Image**  
[www.kidshealth.org.uk](http://www.kidshealth.org.uk)  
[www.youthhealthtalk.org.uk](http://www.youthhealthtalk.org.uk)



**Exam Stress**  
[www.mind.org.uk](http://www.mind.org.uk)



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SATURDAY 1PM TO 4PM

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