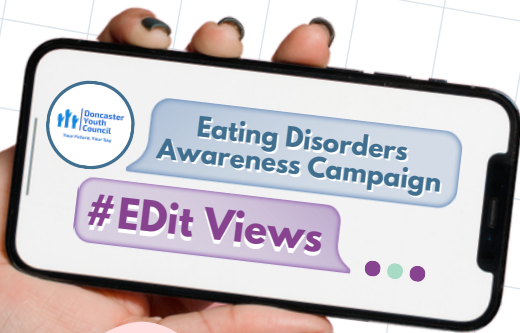
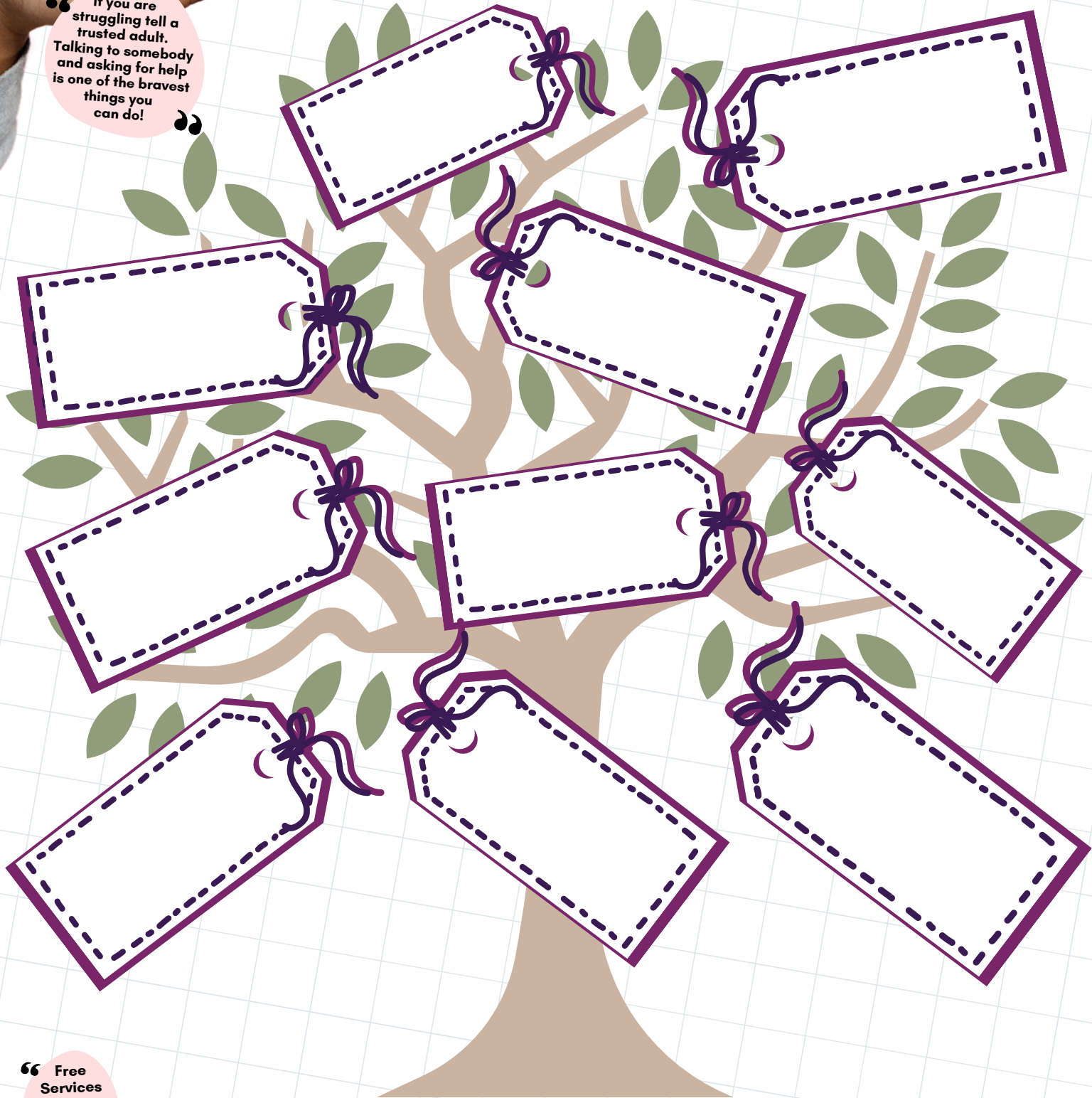




MY POSITIVI-TREE

Try and **think of as many positive words or statements that you would like to say to yourself or say to somebody else** to cheer them up. You can keep this for yourself or give to somebody else to brighten their day!

“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”



“ Free Services that can support you! ”

Beat
www.beateatingdisorders.org.uk
UK - 08088010677

The Mix
24/7 Crisis Messenger: THEMIX to 85258
TheMix.org.uk 08088084994

Kooth
Kooth.com

#EDit Views

This has been developed by our Doncaster Youth Council as part of their ED Awareness Campaign. For more info please get in touch!
[YouthCouncilDoncaster.gov.uk](https://www.youthcouncildoncaster.gov.uk)

!! If you or somebody else needs urgent help or in immediate danger call **999**.
If you are looking for medical advice contact your **GP** or **111**.



City of
Doncaster
Council

