



Steps to feeling better

Big feelings, **little steps**



Beyond Blue providing a counselling service for children and teenagers within the Black Country and Birmingham

It's Okay to Ask for Help

Life can be difficult at times. Recognising that we could use some assistance is, in our opinion, a show of strength and courage.

Sometimes life can feel hard. You might feel **sad, worried, confused**, or just not yourself. That's okay, everyone feels like that sometimes.

Talking to someone can really help. At **Beyond Blue**, you can share your thoughts and feelings in a **safe and friendly place**, with someone who will **really listen** and not judge you.

You might be going through changes, finding things tough at school or home, or just want to understand yourself better. Whatever you're feeling, you're not alone.

About us

At **Beyond Blue**, we're here to help you feel heard, supported, and understood.

We offer:

- **One-to-one counselling**
- **Group sessions**
- **Support with relationships**

You can talk to us in a way that suits you, whether that's face-to-face, online, on the phone, by text, or even at home.

Counselling can help you:

- **Feel calmer**
- **Understand your feelings**
- **Make positive changes**
- **Feel more confident and happy**

We're here to help you take **small steps** toward feeling better.

Our therapists are kind, respectful, and never judge. We create a safe and private space where you can talk freely, feel comfortable, and start to make sense of what's going on in your life.

At Beyond Blue, we believe everyone deserves support, and we're here when you're ready to talk.

Our Therapy

At **Beyond Blue**, we believe everyone is unique, and that means your therapy should be too.

We care about **who you are**, your **feelings**, your **values**, and what matters to you. We'll always treat you with **kindness, respect, and understanding**.



Our therapists use different ways to help, depending on **what works best for you**. This is called the **Integrative approach**, it means we listen to what you need and shape the sessions to fit you.

Because there's no one-size-fits-all. And you deserve support that's just right for you.

Every one is unique, and your journey is personal. So, we tailor our counselling to help you in the best way possible.

Our types of Therapy

Looks at the whole person, the uniqueness of each one of us. Having a strong interest in or concern for human welfare, culture, values, and dignity.

Beyond Blue Counselling Services operates a full suite of diverse therapies to suit each individual.



Psychodynamic therapy explores how early relationships, and unconscious patterns shape current thoughts, feelings, and behaviours.



Person-centred therapy values each individual's uniqueness, focusing on strengths, self-growth, and empowering change through empathy, respect, and understanding.



Behavioural therapy uses practical techniques like CBT to replace unhelpful behaviours with healthier ones, focusing on learning, action, and positive behavioural change.



EMDR helps process traumatic memories using guided eye movements or tapping, reducing emotional distress and supporting recovery from PTSD, anxiety, phobias, and related conditions.



NLP helps change unhelpful thoughts, feelings, and behaviours by using language to reframe how we think and respond.



Integrative psychotherapy combines approaches to suit individual needs, aiming to unify emotions, thoughts, behaviours, and body for holistic personal growth and healing.

We offer therapy at
Beyond Blue Wednesbury,
within the home, online,
telephone, email or
text message



Relationship therapy helps individuals, couples, or families improve communication, resolve conflict, and rebuild trust, fostering stronger emotional bonds and more respectful, fulfilling connections.



Family mediation helps resolve disputes confidentially, improving communication and avoiding court, with the goal of fair, mutually agreed resolutions in a supportive setting.



Compassionate therapy promotes empathy, emotional safety, trauma healing, resilience, and self-acceptance, supporting mental well-being bereavement and stronger relationships.



Gestalt therapy focuses on personal responsibility, present experiences, the therapist-client relationship, and social contexts, encouraging self-regulation and adjustment to life situations.



Creative therapy uses artistic expression, like painting, music, or drama, to explore emotions, reduce stress, build self-awareness, boost confidence, and improve mental well-being in a supportive environment.



EFT - Emotional Freedom Technique (Tapping) is a gentle technique that combines focused thoughts with tapping on acupressure points to reduce stress, anger, depression, ease anxiety, and release emotional blocks.

How does Integrative Therapy work?

Integrative therapy is a bit like having a toolbox full of different tools. Each tool is a method or approach that can be used depending on what works best for you. This can include:

Talking therapy: Sometimes, just having someone to listen and talk things through can make a huge difference.

Creative activities: Using drawing, music, writing, or role-play to express feelings when words feel hard.

Mindfulness and relaxation techniques: Helping you manage anxiety or stress through breathing exercises and relaxation.

Cognitive approaches: Challenging negative thoughts and thinking in a more balance way.

EMDR (Eye Movement Desensitisation Reprocessing): Structured therapy that encourages the client to focus briefly on the trauma memories while simultaneously experiencing bilateral stimulation (typically eye movement or tapping).

NLP (Neuro Linguistic Processing): Supports therapy by reshaping thoughts, behaviours, and communication patterns. Improving confidence and supporting emotional well-being through cognitive and linguistic techniques.

Why Beyond Blue?

Safe and supportive environment: Our counsellors are here to listen to you without judgement. You're in control of your session.

Flexible and personalised: We adapt to what works best for YOU. Whether you prefer a calm, quiet session or one with creative activities, we are here to support you.

Confidential: Your thoughts, feelings, and experiences are completely private.

The best part, you get to choose what works for you. We'll talk together about the methods you'd like to try, and how you feel about the process. The goal is to make you feel comfortable, heard, and supported every step of the way.



Who can benefit?

Our services are for anyone who feels they need support. Whether you're dealing with:

Stress or anxiety: If you're feeling overwhelmed or worried

Low mood or depression: When things feel tough and you need to talk

Bullying or social pressure: Dealing with difficult relationships or feeling left out

Family issues: If things at home are causing you stress

Self esteem and confidence: Helping you believe in yourself and feel more positive.

Beyond Blue Counselling Services supports individuals with trauma using techniques such as:

NLP (Neuro Linguistic Processing) which helps reframe traumatic memories. Reducing emotional distress, and rewiring thought patterns. Promoting healing, resilience, and emotional regulation for long-term recovery.



Therapy

can help you with:

- Bipolar disorder
- Alcohol and substance use disorders
- Anxiety and stress
- Attention-deficit/hyperactivity disorder (ADHD)
- Autism Spectrum Disorders
- Borderline Personality Disorder
- Depression
- Eating disorders
- Panic disorders
- Phobias
- Obsessive-compulsive disorder (OCD)
- Anger management
- Communication
- Coping strategies
- Healthier thought patterns
- Self-esteem
- Schizophrenia

Beyond Blue can also help with:

- Bereavement
- Addiction
- Complex trauma
- Relationship difficulties
- Bullying
- Chronic illness/pain
- Domestic violence
- Post-traumatic stress disorder (PTSD)
- ...And lots more



Beyond Blue provides support to:

- Children
- Young adults
- Women
- Men
- Relationships
- Elderly
- Employees

Parental Information and Advice

Supporting your child through therapy involves listening actively, respecting their privacy, and creating a stable, positive environment.

Encourage healthy coping strategies and activities, and collaborate with the therapist to reinforce techniques at home.

Monitor changes in behaviour and seek additional support if needed. Maintain a consistent routine to provide security and consider family therapy if necessary.

Take care of your own emotional well-being and model healthy coping behaviours.

Remember, therapy is a process, and change takes time. Be patient, positive, and supportive, celebrating small progress as your child learns to manage their emotions.

How to set boundaries:

Be respectful and understanding: it's important to respect your child's boundaries as well. Understand that they may have different needs, values, and priorities than you do. Avoid being judgemental or critical, and strive to find a middle ground where both parties feel heard and respected.



Understanding Yourself:

The Journey to your Ideal Self.

Self Concept:

Is all about how you see and feel about yourself. It helps you understand who you are now, and who you want to be.

1. Self Worth

This means how much you believe you matter and that you are important just as you are. Everyone deserves kindness, especially from themselves!

2. Self Image

This is the picture you have of yourself in your mind, how you see your looks, your abilities, and your personality. Sometimes this can change depending on how you feel or what others say, but remember, you are more than just one picture.

3. Ideal Self

This is the person you want to be, your goals, dreams, and values. It's okay if this person isn't perfect. It's about growing, learning, and becoming the best you can be.

How to work toward your Ideal Self:

- **Think about what makes you happy and proud**
- **Be kind to yourself, especially when things are tough**
- **Set small goals that help you grow step by step**
- **Remember, everyone's journey is different, and that's okay!**

How do you see yourself?

How you see yourself affects how you feel. Think about what makes you special and what you like about yourself. Being kind to yourself helps you feel happier and more confident.

How do you want to be perceived?

This means how you want others to see you. Do you want to be seen as kind, brave, funny, or helpful? Thinking about this can help you decide how you want to act and what kind of person you want to be.

How do you want to see yourself?

Think about the person you want to be. Do you want to be confident, kind, or brave? Imagining this can help you grow and make choices that feel right for you.

How do you think other people see you?

Sometimes it's good to think about how others might see you. Do they see you as friendly, funny, or helpful? Remember, what really matters is how you see yourself, but understanding others can help you understand yourself too.



“Your journey matters”

How do you...?

How do you know when you're happy or sad?

How do you handle worries or stress?

How do you show kindness to others and yourself?

How do you calm yourself when things get tough?

How do you celebrate your achievements?

How do you want to grow and change?

How do you ask for help when you need it?

Sensory Grounding Technique for in the moment help (5-1 method)



5 things you can see



4 things you can feel

3

things you can hear



2 things you can smell



1 thing you can taste



THINK: Do you need to improve your diet and exercise regimen so that you can be healthier?

Stay healthy

Get sufficient exercise and rest. Eat healthy foods. Taking care of your physical health can improve your outlook on life and help you ward off worry.



“It’s okay to feel this way”

Therapy with **BEYONDBLUE**

Accepting
you need help
is the first step

Looking after your mental health
is just as important as our physical health.

What can I expect from my therapy sessions:

- I will get help that suits what I'm finding hard
- People will ask me what I think and let me choose what we do
- They will respect who I am, like my background, beliefs, or if I have a disability
- They will tell me in good time when therapy will finish or if we need to change our meeting times.

What I need to do in my therapy sessions

- I need to feel comfortable with my therapist. If I don't, I can say, and I will get a different therapist.
- I will agree on some rules with my therapist before we start.
- I should tell my therapist if something might make it hard to work together or if someone might get hurt.
- Sometimes, I might need to answer questions to help with my therapy.
- I might have little tasks to do between sessions, like writing down my feelings, reading, or trying exercises.
- I will try to come to every session, even if I don't feel like it.
- If I can't come, I will tell someone at least 24 hours before, unless it's an emergency.



Tips to limit worrying

Identify how you feel and consider what is making you feel this way. Try telling a safe adult, this could be a family member, friend, teacher or therapist.



THINK: Worry is a valid feeling but should not be ignored!



Supporting Mental Illness

Supporting a teen with mental illness:

- Express empathy
- Listen actively
- Avoid judgement
- Offer support
- Encourage professional help
- Respect boundaries

Supporting a child with mental illness:

- Create a supportive environment for your child
- Spending time with your child doing enjoyable activities
- Maintaining routines as much as possible - such as bed time and meal times
- Regularly asking your child how they are
- Acknowledge and respecting your child's feelings
- Listening to your child's concerns

Social media

Children and youths who spend more than 3 hours a day on social media face double the risk of mental health problems including experiencing symptoms of depression and anxiety.

Excessive use of social media increases stress, anxiety, poor self-esteem, behaviour disorders, self-harm, sleep deprivation, eating disorders, poor social relationships and poor progress at school/college.

Links have been found between screen time and negative internalising behaviours that can lead to stress and anxiety in children.

Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen.



*Even though people are different,
it's important to treat everyone
with respect.*



Think of others

Rather than isolate yourself think of how you can help those who are around you.

Put yourself in their shoes!



THINK: Of the people you know, which ones might need some support, and what can you do to help them?

Bullying

Bullying is when someone is picked on by a person or group. Bullies might make fun of people who they think don't fit in.

Bullies might make fun of others for many things including:

- Appearance (how someone looks)
- Behaviour (how someone acts)
- Race or religion
- Social status (whether someone is popular)
- Sexual identity

*Respect is a
two-way street,
if you want it,
you've got to
give it.*

Bullying can come in different types

Physical bullying: When bullies hurt their targets physically. This might be shoving, tripping, punching, or hitting. Any form of touching that a person does not want can be bullying and possible sexual assault.

Verbal bullying: Taunting or teasing someone

Psychological bullying: Gossiping about or excluding people to make them feel bad about themselves.

Cyberbullying: When bullies use the internet and social media and say things that they might not say in person. This can include sending mean texts, posting insults about someone on social media, or making rude comments on their instagram pictures. Cyberbullies also might post personal information, pictures, or videos designed to hurt or embarrass someone else.

Effects of bullying

Bullies often pick on people over and over again. This can make teens:

- Feel afraid, stressed, depressed, or anxious
- Have thought about suicide or hurting themselves
- Have trouble with their schoolwork
- Have problems with mood, energy levels, sleep and appetite.



What can I do to prevent bullying?

- Tell a trusted adult
- Ignore the bully and walk away
- Walk tall and hold your head high
- Don't get physical
- Try to talk to the bully
- Practice confidence
- Talk about it
- Find your (true) friend
- Stand up for friends and others you see being bullied
- Join your schools, bullying or violence prevention programme.

What if I'm the bully?

Try talking to a trusted adult. Ask them for advice on how you could change.

Try thinking of how the person being bullied feels, imagine how you would feel if you were the target.



Focus on the positive

Dwelling on what-ifs and imagining worst-case scenarios will only fuel your tendency to worry. Instead, try to think of two or three things you can be grateful for.



THINK: Do you tend to dwell on the negative things going on in your life and filter out the positive?

Symptoms and Coping with Mental Health

Starting the conversation about mental health:

- Keep the discussion open
- Create a supportive and safe environment
- Choose an appropriate time, space and place
- Acknowledge emotions and feelings are part of life
- Empower your child to understand their different moods

How to cope with a parent who has mental illness:

- Educate yourself
- Accept your parents mental illness
- Set boundaries with your parent
- Take a break
- Surround yourself with supportive friends/family
- Discover self-soothing techniques
- Practice mindfulness

Signs and symptoms that your child/teen might have a mental health disorder:

- Overactivity or difficulty paying attention
- Anxiety, worry or fear
- Sadness and depression
- Problems with food or body image
- Extreme anger, aggression or defiance
- Tendency to use drugs or alcohol
- Unusual thoughts or experiences

Tips for supporting a depressed child:

- Work with your child's therapist
- Establish healthy rules
- Provide structure to your child's day
- Create a reward system
- Separate your child's emotion from the behaviour
- Consider the implications of negative consequences

What to do when you feel sad:

- Name how you feel
- Know you're not alone
- Take a few calm belly breaths
- Keep a can-do attitude
- Get support
- Think about good things
- Get active or make something
- Talk to a friend or parent/carer



“You’re not alone”

Self-Harm: Understanding and Supporting Children and Teens

Self-harm is when a child or teen deliberately injures themselves, often as a way to cope with overwhelming emotions. This can include cutting, burning, or scratching. It's important to understand that self-harm is a sign of emotional distress rather than a desire to end their life.

Why do Children and Teens Self-Harm?

Coping with emotions: Self-harm may provide temporary relief from feelings like sadness, anxiety, or anger.

Feeling out of control: It can be a way to regain control when emotions feel overwhelming.

Expression of inner pain: Some children and teens struggle to express their feelings verbally.

Self-punishment: They may harm themselves because of guilt or shame.

Signs to Look For

- Unexplained injuries, often in hidden areas
- Wearing long clothing to hide marks
- Withdrawal, mood changes, or expressions of hopelessness
- Talking about feeling worthless or guilty.

How to Support Your Child

Stay calm and listen: Respond with care and understanding, without judgment.

Encourage communication: Let them express their feelings and talk about their actions.

Seek professional help: A therapist can help your child develop healthier coping strategies.

Ensure safety: Work with a professional to manage risks and create a safe environment.

If you're concerned about your child's self-harm or thoughts of suicide, seek immediate professional support to ensure they get the help they need.



What to do if you or your friend feels suicidal

If you or someone you know feels suicidal, it's important to seek help immediately:

Talk about it: Reach out to someone you trust, like a family member, friend, your GP, or therapist.

Seek professional help: Call and visit your GP, therapist, go to A&E, or call the Samaritans on 116 123.

Stay safe: Remove harmful objects and stay with a trusted person if possible.

Remember you are not alone: Asking for help is a sign of strength, not weakness.

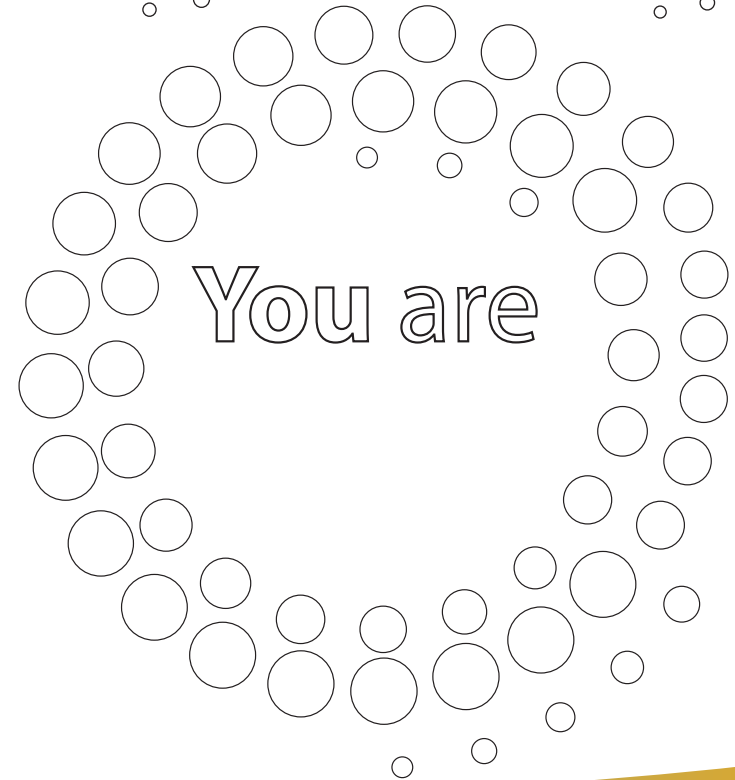
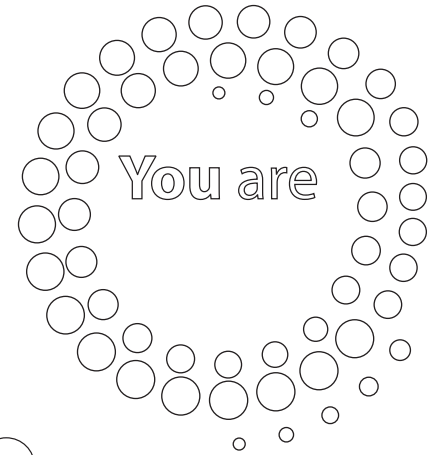
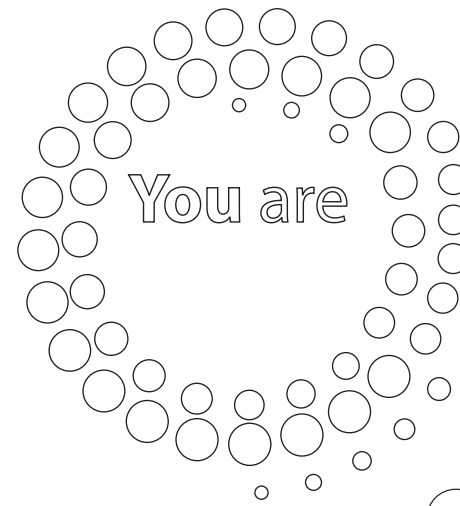
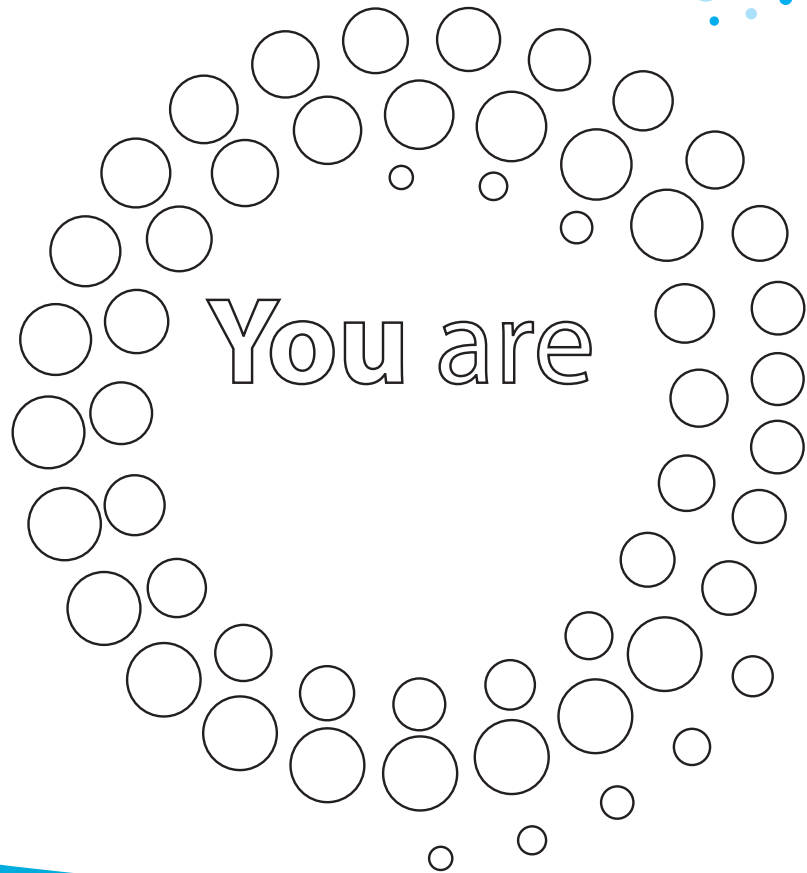
Recognise warning signs: Identify feelings or thoughts that signal you're at risk, like hopelessness or overwhelming sadness.

Reach out for Support: Contact a trusted friend, family member or therapist

Use coping strategies: Practice grounding techniques, deep breathing, or distractions (e.g., drawing, listening to music, journalling).



Express your emotions
and feelings by adding
your own words.



unique
Seen Heard
HAPPY Emotional

Worthy Kind Important
Intelligent Brave Loved

Planner

Monday

To do list:

-
-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Tuesday

To do list:

-
-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Friday

To do list:

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-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Saturday

To do list:

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-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Wednesday

To do list:

-
-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Thursday

To do list:

-
-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Sunday

To do list:

-
-
-
-

Check list, have you:

- ☐ Eaten
- ☐ Drank water
- ☐ Been outside
- ☐ Spoken to loved ones

Summary of week

How have you felt this week overall?

Were you able to complete your to do list? Why do you think this is?



Stick to a routine

Try to wake up, eat meals, handle chores, and go to bed at set times. Having a schedule will preserve a sense of normalcy in your life and will help you to reduce your worries.



THINK: Do you have a routine that gives you a sense of accomplishment at the end of each day?

My Journal

This is your page to express your thoughts and feelings.

Things to consider writing about:

- How have you felt today?
- What has contributed to this?
- What has been positive about today?
- What is something you would have changed about today?

“One step at a time”

- How have you felt today?
- What has contributed to this?
- What has been positive about today?
- What is something you would have changed about today?



Calm Zone (Young men 15-35):
0800 58 58 58 (Mon & Tues,
Sat & Sun 5-12 midnight).



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Big feelings, little steps

A special credit to Olivia Kershaw-Paul, age 17,
for assisting in the writing of this booklet.

