

Worrying about death all the time

**Not wanting to share feelings as it could
make other people upset**

**Taking more risks as everything feels
a bit pointless**

Everyone in the family is sad

**Money worries at home with
less money coming in**

Getting angry with other people

Getting behind with school work

**Stop seeing friends because nothing
is fun any more**

**Drinking alcohol as a way of stopping
the difficult feelings**

**Feeling alone, and that no-one else
has gone through this**

Pretending to be happy

Feeling very low on 'special days'

Being bullied

Getting into trouble at school

Own idea

Own idea