

## Talking about your problems can help

It can be hard to talk to people about how you feel. You may be worried that they won't take your feelings seriously. You may also be worried about what will happen after you tell them your problems. If you think you don't know anyone who will listen, you can call a confidential counselling service. Kids Help Line (Tel. 1800 551 800) or Lifeline (Tel. 131 114) are telephone counselling services that are available 24 hours a day.

### It can help to talk to someone you trust

Talking to someone you trust about something upsetting may help you to:

- Sort through the problem or to see the situation more clearly.
- Look at the problem in a new or different way.
- Release built-up tension. This can help you to gain new insight into the situation that is causing the problem.
- Find out that you are not alone. You may find that many other people share your feelings.
- Identify options or solutions you hadn't thought of before.

### Don't keep your problems to yourself

If you don't talk about your problems, you may find your pent-up tensions or feelings burst out in a way that is embarrassing or inappropriate.

### Finding the right person to talk to

Deciding who you want to talk to is an important first step. You need to feel that you trust the person you are talking to. There are counsellors who specialise in talking to young people or families. They can provide counselling in speciality areas, including:

- Mental health
- Alcohol and other drugs
- Pregnancy
- Family issues
- Schooling and careers
- Abuse (including physical, sexual or emotional abuse).

### Telephone counselling services are helpful

There are a number of telephone counselling, information and referral services available across Victoria. Kids Help Line (Tel. 1800 551 800) and Lifeline (Tel. 131 114) are two examples. Call one of these services if you want to discuss your problem immediately. These counselling services are confidential.

### Other ways to deal with your feelings

It is important to find ways to express your feelings. This can help you to release built-up tensions and make better decisions. There are a number of ways you can express how you feel:

- **Write about how you feel** - this can be a useful way to explore your feelings. Some people keep diaries, others just write down whatever comes into their head. You may want to write a story about whatever is bothering you.
- **Play sport** - sport gives you plenty of chances to yell or curse or feel elated.
- **Draw or paint** - even if you think you are not an artist, you will find drawing and painting are useful ways to express yourself.
- **Make a collage** - use pictures and colours cut from magazines.
- **Music** - singing, playing or listening to music (or just shouting) can all help.
- **Dance** - put on some music at home, or go out and dance as much as you like.

### Where to get help

- A counsellor (at your school)
- A social worker (at a community health centre)
- Kids Help Line Tel. 1800 551 800
- Lifeline Tel. 131 114

### **Things to remember**

- Talking about your problems can release pent-up feelings.
- Talking to someone outside of the situation may help you to find a solution to the problem.
- If you don't think you can discuss the problem with anyone you know, you can call a confidential telephone counselling service.

**This page has been produced in consultation with, and approved by:**

Reach Out

**Copyright** © 1999/2009 State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.

- This Better Health Channel fact sheet has passed through a rigorous approval process. For the latest updates and more information visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au).