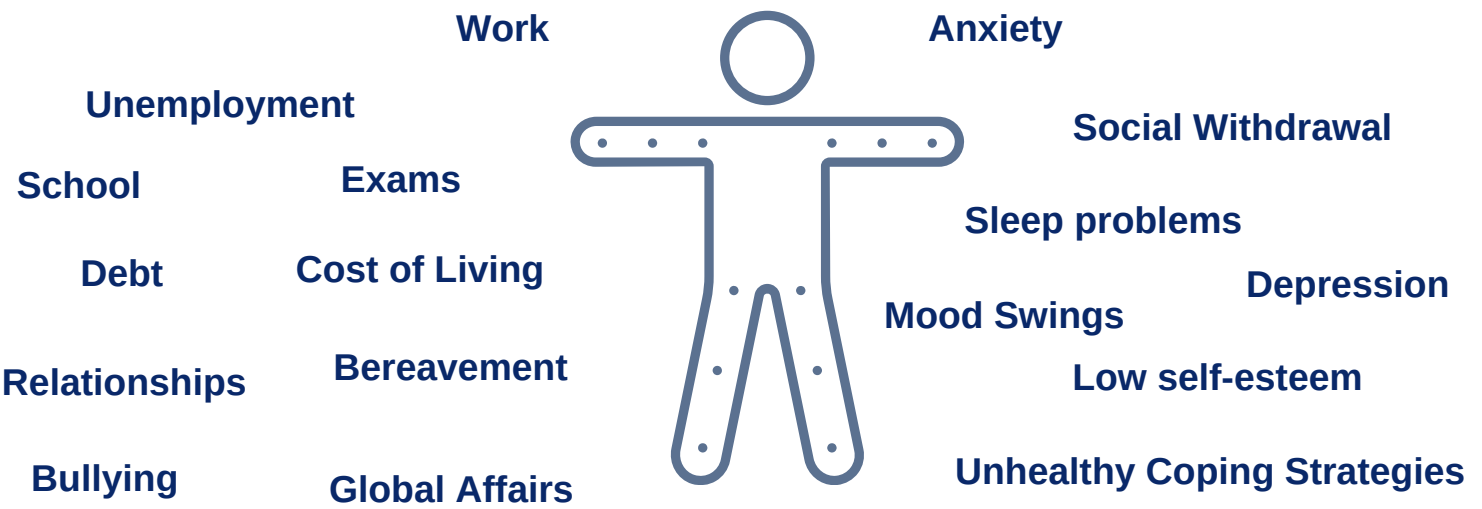


### What is Stress?



Stress is a natural emotional response to the challenges and demands in our lives. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Stress is not an illness but can cause illness if not addressed and managed in a healthy way.

### Causes and Impact



### Resources for Managing Stress

*click on images to download information*



If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful.



**Steps to deal with stress:** A downloadable simple guide to stressing less and enjoying life more.

**Are you feeling stressed?** A downloadable booklet to help you cope better with stress.



A downloadable guide that provides tips on how to manage and reduce stress.



Useful information on what to do if you are struggling with stress.



**Understanding and dealing with stress:** Activities helping to recognise and how to deal with feelings of stress.

### APPS

*click on images to download information*



An online sleep improvement programme which delivers tailored and engaging advice 24/7.



Learn proven and techniques to face difficult emotions, and be more present.

### Helplines and Support



Free and private service for young people. Online, on the phone, anytime. Call **0800 1111** or visit [www.childline.org.uk](http://www.childline.org.uk)

For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.



Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.

Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub.



Call **0808 808 4000**, Mon- Fri 9am-8pm and Saturday 9:30am - 1pm.