

Maybe you would like to get some support for yourself?

Or maybe you're not totally sure and would like to talk to someone more about it?

If so - speak with your mum, dad or the grown-up who cares for you most. You can also speak to your teacher. Once you've told a grown-up about wanting support they will arrange for you to see the counsellor to try out if Time 4 Me is the right sort of support for you or not.



**Believe in  
children**



**Barnardo's  
Northern Ireland**

**[www.barnardos.org.uk](http://www.barnardos.org.uk)**

Barnardo's Northern Ireland

**Time 4 Me**

**(Belfast, Eastern and Southern Areas)**

Somerset House, 234 Ormeau Road

BELFAST BT7 2FZ

Tel: 028 9064 6515

**Time 4 Me**

**(Northern and Western Areas)**

36a Westland Road

MAGHERAFELT BT45 5AY

Tel: 028 7963 1344

Barnardo's Registered Charity Nos.

216250 and SC037605

**bacp**

British Association for  
Counselling & Psychotherapy

Winner of the 2011 BACP  
Award for *Innovation  
in Counselling and  
Psychotherapy*.

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# Time 4 Me

## Believe in children



**Barnardo's**

Northern Ireland

Help and support  
when tough stuff  
happens

Information  
for kids

TIME 4 ME



SUPPORT WHEN TOUGH  
STUFF HAPPENS

Life feels good when things are going OK. You can play, have fun, and enjoy learning new things. It feels good when you are with your family and friends.



Sometimes stuff happens that means life doesn't feel OK.

Tough things can make you feel

**SAD**



**CROSS**



**WORRIED**



**CONFUSED**



Sometimes you don't sleep well, or maybe you eat less or more than usual. Some kids find it harder to get on at school and they can get into more trouble at home too.

When hard things happen it can affect how you get on with your friends, sisters, brothers, mum or dad.



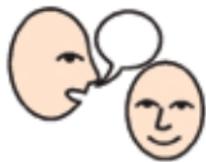
For a while it can feel like there is not much room for fun in your life.



**All these things are normal when tough stuff happens.**

If life isn't going so well it's important to find someone safe to talk to. Some kids talk to their mum or dad, grandma, granddad, teacher or other grown-up.

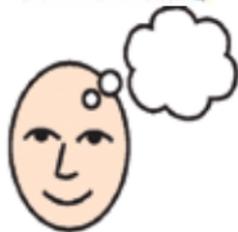
Sometimes it's also good for kids to talk to a grown-up called a counsellor. Counsellors listen to kids. They help them figure out their feelings.



You can tell a counsellor just how you feel. You don't have to hide or put on a mask.

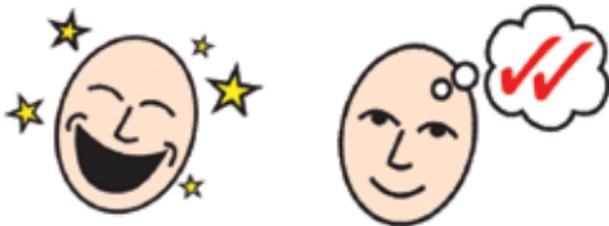


When you go to see a counsellor you might play or draw about how you feel. That is often easier than just talking. It helps make feelings less scary. It stops you feeling so mixed-up about what is happening in your life.



Talking with a counsellor is about finding ways to feel better.

It's about learning to cope with hard stuff that happens. You will find out about what and who makes you feel strong, and how you can get more fun back in your life.



A Time 4 Me counsellor comes to your school each week. Hopefully you already know their name and what they look like!