

## If you're feeling down

**Remember: It's normal to feel sad when your parents separate.**

Most kids go through a patch of feeling sad, really down, or even depressed at some stage after their parents separate.

**It's okay to feel sad** about all the things that have changed or how things used to be.

You're not imagining it – being in a separated family can be tough!

- You're adjusting to a lot of changes.
- It can be exhausting to remember everything you need to take between 2 homes.
- It can be very upsetting when your parents are still fighting even though they don't live together anymore.



### Tell it like it is

**If you're feeling low, you're not alone.**

**Here's how some Anchor kids have described it:**

**"I'm not allowed to take any of my birthday presents that my Dad gave me over to my Mum's place. I wish I could!"**  
JOSH, 11

**"I feel so stressed when I pack my bags to go to the other parent's house. I'm always worried that I'm going to forget something, and Mum or Dad will get angry with me!"**  
STELLA, 9

**"I just feel so sad when my parents fight. Can't they see their fighting makes me so sad?"**  
LISA, 10



# Uniting

## Checking in with yourself

It can help to check in with yourself about how bad you are feeling.

Here are some signs to look out for:

Crying  
lots

Finding it  
hard to be in  
friendships

Feeling  
very angry or  
like you're going  
to explode with  
anger

Keeping  
your feelings  
to yourself or  
bottled up

Feeling  
tired all the  
time

Feeling  
anxious and  
nervous about  
lots of things

Finding it hard  
to focus and  
concentrate on  
things, such as  
your schoolwork

Feeling the  
need to make  
up stories about  
your family and  
who you live  
with

Not wanting  
to talk to  
anyone, avoiding  
people you love

Not wanting  
to do any of the  
activities you use  
to love to do

Not  
wanting  
to go to  
school

Not wanting  
to eat, shower  
or exercise

Feeling  
scared

Feeling  
bad about  
yourself

Not wanting  
to talk to  
anyone about  
anything

Really  
wanting to  
please others and  
forgetting your  
own needs and  
wants

Struggling  
to follow the  
school rules or do  
what your teacher  
is asking

Getting  
into lots of  
fights

Hurting  
yourself  
or thinking  
about hurting  
yourself

You might like to colour in any that apply to you and speak to a trusted adult about them.



## What can I do if I feel down?

It's normal to feel overwhelmed, stressed and worried about things sometimes. But **sometimes these feelings can get a bit too much** and you might feel pretty down.

It's important to **take a moment to 'check in' with yourself** about how you are feeling.

Everyone feels down sometimes. But it can become a problem if you're feeling like that a lot of the time. And it's important to **notice if you start to feel like things won't ever get better**.

## Who can help?

If you're struggling, it's important to talk to someone. That could be:

- A parent, aunt, uncle or grandparent
- A teacher or your school counsellor
- Another trusted adult such as a family friend.

### 24-hour helplines

For help from a counsellor at any time of the day or night, you can call:

- Kids Helpline on 1800 55 1800
- Lifeline on 13 11 14

Our Anchor therapists can help too, so please let your therapist know if you are feeling low and we can help with some strategies to feel better.

