

Faith and religion

Not everyone has religious beliefs but if you do, you might find that turning to your faith feels helpful when you are struggling. One young person told us that they talk openly to their god and that they wouldn't be judged, and doing so helped them to get things off their chest.

For some people, a religious leader could be an important source of support too, someone they trust to listen and give advice. Prayer or studying a religious text might provide comfort when you are feeling distressed.