1. What is the evidence for/against this thought?

2. What else might happen instead? Are there other ways of looking at this?

3. What would I say to a good friend in this situation?*

4. If the bad thing really did happen, would it really be that bad? What could you do?*

5. Is this way of thinking helpful to me? Does it help me get on and achieve my goals?
Where can we go for help?

• Your School Counsellor and GP

• Health Psychology Unit, UTS
  – Individual and group therapy
  – Parents and teenagers
  – 9514 4077 or health.psychology@uts.edu.au

• Local Community Health centres
Where can we go for help?

• In a crisis:
  – Emergency Department of local hospital
  – Crisis mental health team at Community Health Centre

• Teenagers:
  – Kids Helpline
    • Phone counselling (Ph: 1800 55 1800)
    • Email or webchat counselling

• Reading:
  – “Surviving Year 12”, “The Princess Bitchface Syndrome - Surviving Adolescent Girls”, “Surviving Adolescents”, “Strictly Parenting” by Dr Michael Carr-Gregg
  – “Mindset” by Carol Dweck
  – “The Optimistic Child” by Martin Seligman