

Feeling **upset** all the time?



- 1 Talk to your **doctor**, say how you feel and what has been happening to you.
- 2 Your doctor will listen and this may help you feel better. If not, they may ask you to see a **specialist**. This is a person who can help with your feelings.
- 3 They will listen and might offer you counselling or medication. These are ways of helping you with your feelings.

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