

National  
Suicide  
Prevention  
Alliance  
2023





✓ good sleep but need can hear more  
How was your meditation? 5/10  
Less effective today so I might try a new one tomorrow

What are you proud of?  
- my weight loss  
- my kindness  
- my strength

Aims for today:

- school topics school physics
- bike ride and shower
- S, P, L, S, C
- read more of book
- homework

Repeat after me

I am loved      I am skinny  
I attract love    I am full of energy  
I am happy  
I attract happiness  
I am safe  
I am smart

So how do you feel? 6  
Stress, anxious but a little better  
How was your sleep? 10/10  
9 hours was really needed, feel so much better

How was your meditation? 3/10  
only did 5 mins but watch a stress video ins.  
for advice

3 things this week that made you smile.  
- when mum bought me a hoodie  
- when I saw tom yesterday morning  
- when I see Niede at lunch.

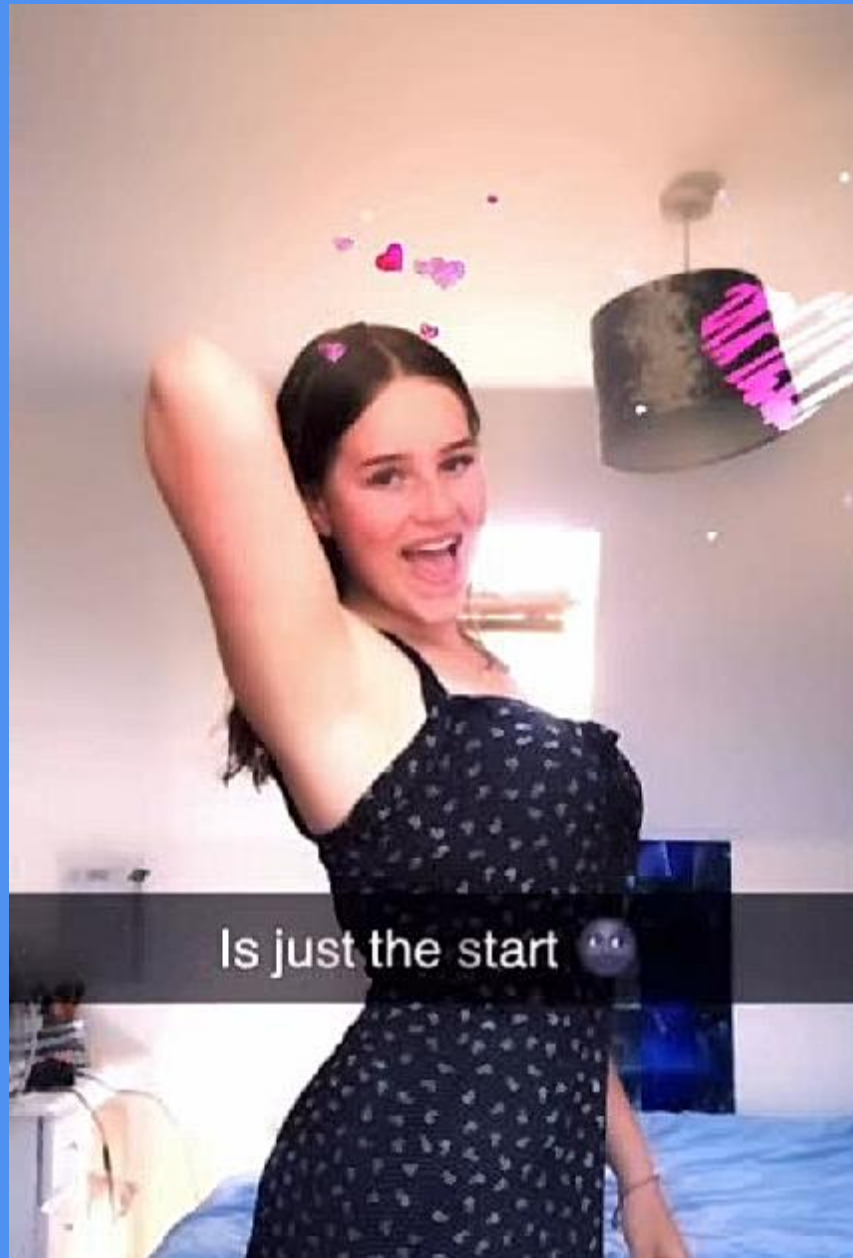
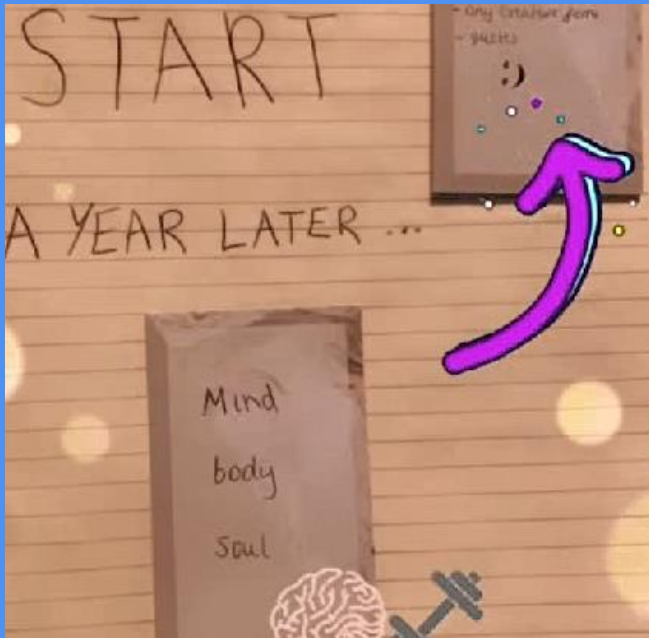
Aims for today (be kind to yourself)

- Just go to school + sessions do what you can
- homework
- shower / bath
- P, L, S, C, S, B

THEN RELAX.

you are so loved and love > hate. So much of life. won't remember my GCSE's revision but I will remember friendships.





*My name is Ellie...*



*And this is my story!*















CUSTOMER NOTICE  
Vehicles left in  
this car park are left  
entirely at owners  
risk.

Gauge  
Holders Only

DMC  
Let's Talk  
About  
Mental Health  
A Message

Ellie's Angels  
I chose happy, so can you...

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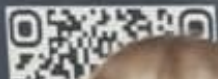
mental health





# better u

In loving memory of Ellie Paine



support App n  
for young pe

angels

A men



Ellie chose happi  
and so can you.

angels.org

Angels

angelschari

ELI













Ellie's Angels

**Outstanding  
Charity 2022**

*Wards*

Children's Awards







Daily Affirmation

I AM BRAVE,  
BOLD AND  
BEAUTIFUL

here for you 24/7

childline

ONLINE, ON THE PHONE, ANYTIME

Better Health every mind matters

Watch the  
If you'd like  
full story in  
the app see

Start journaling

Call a friend



to hear that, tell me more

Had my exams yesterday  
and don't think I did well







Download on the  
**App Store**



**better u**

In loving memory of Ellie Paine

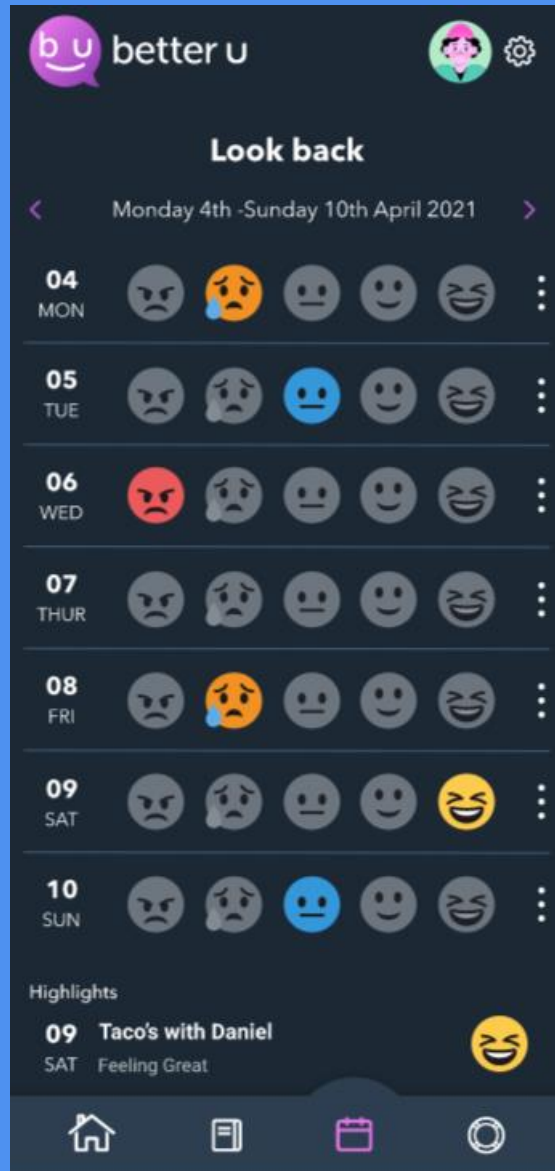
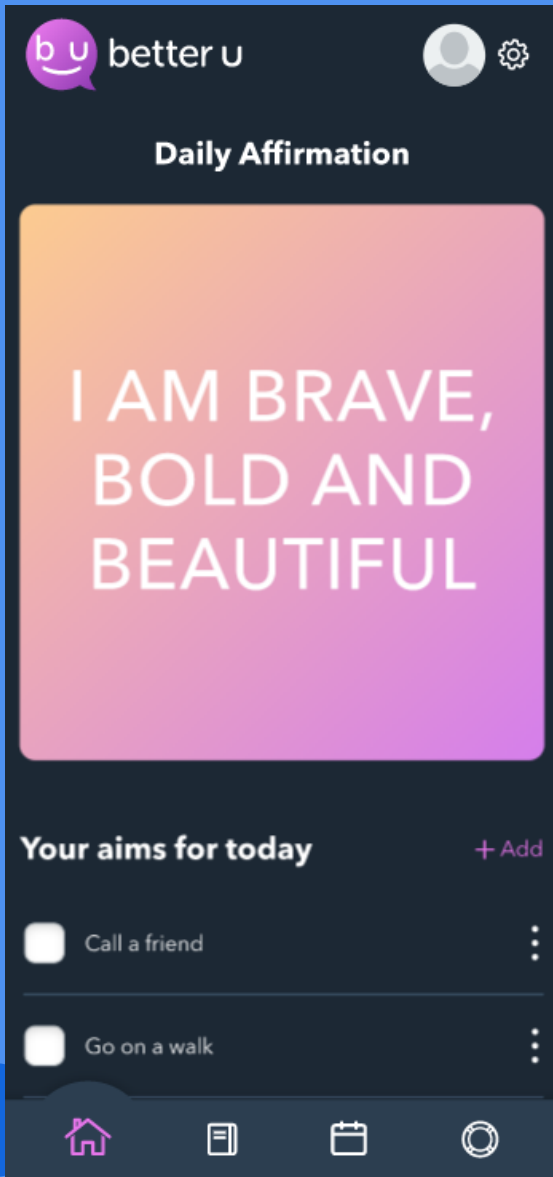


GET IT ON  
**Google Play**

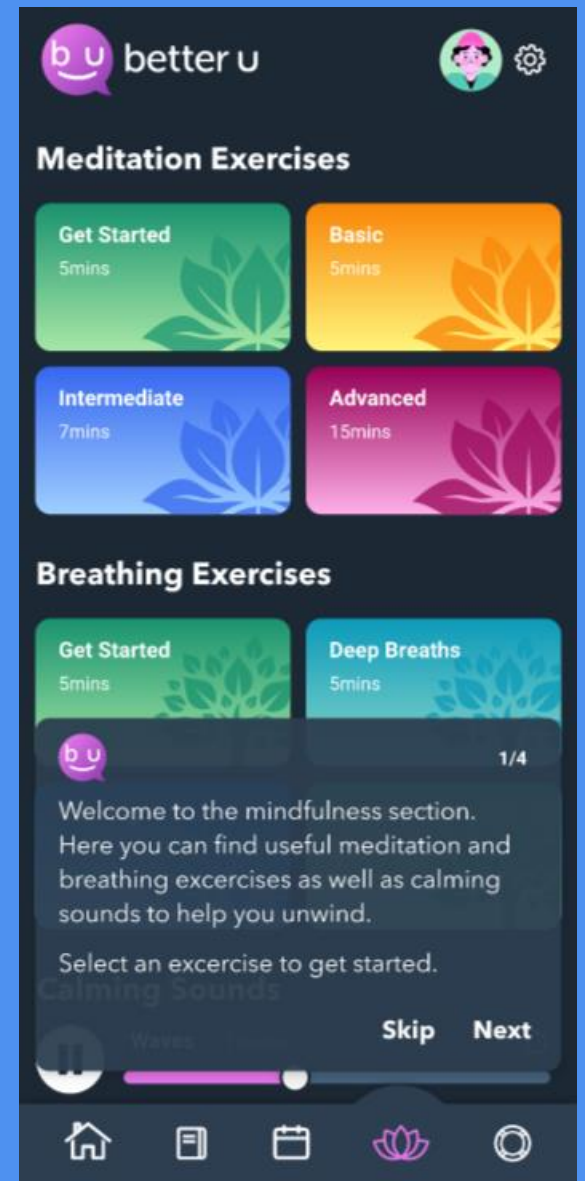
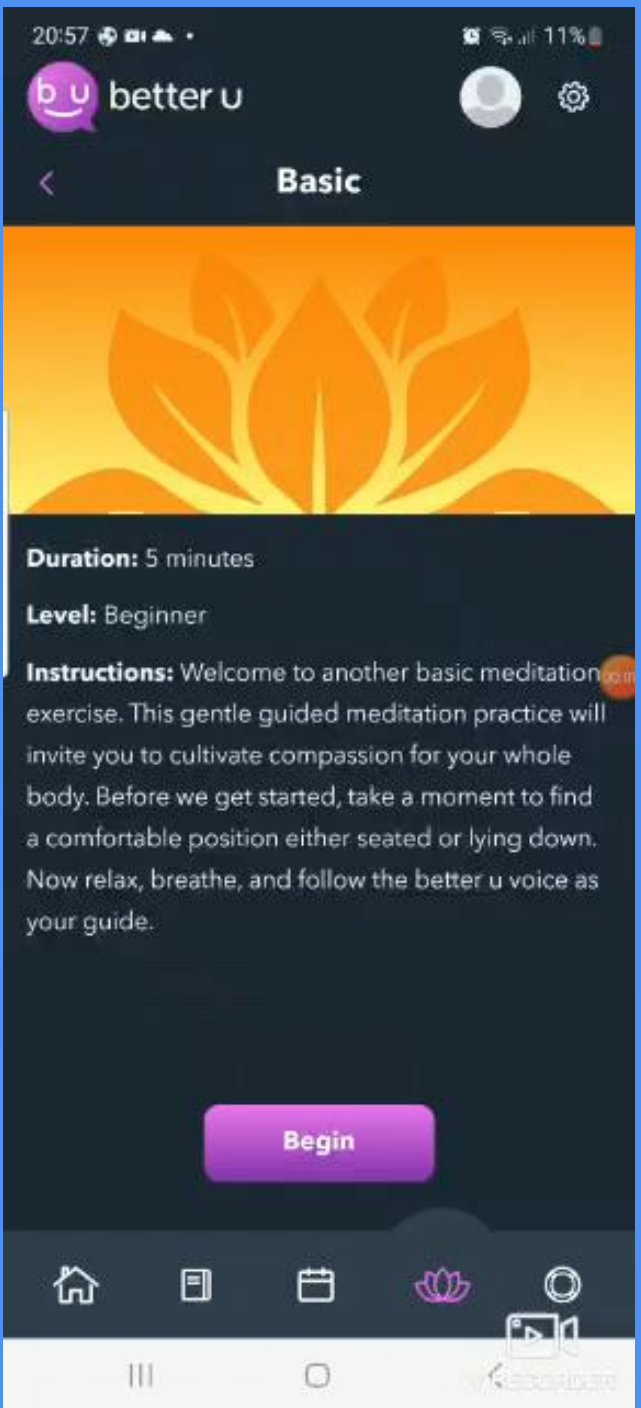


*Ellie's Angels*















Ellie chose happy,  
And so can you...





Ellie's Angels



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Ellie's Angels



elliesangelscharity



ellies\_angels