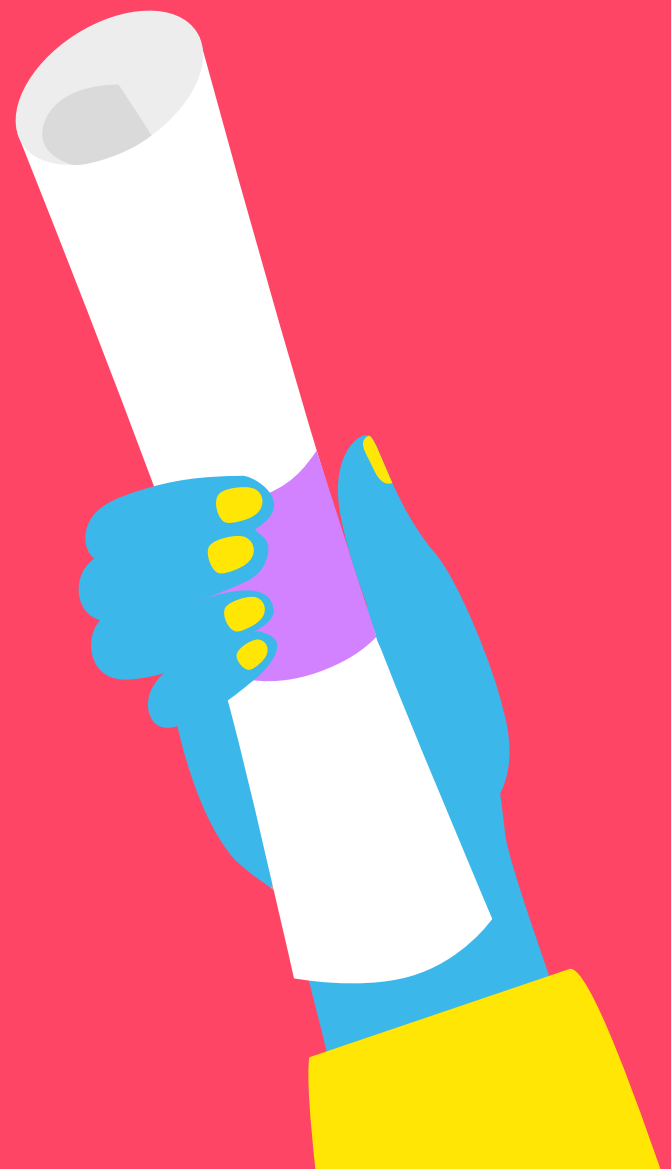




Providing NHS services

Kooth's support pack for finishing school or college



[kooth.com](https://www.kooth.com)

Accessing support from Kooth

It's quick and easy to sign up to Kooth and will only take a few minutes. No formal referral from a GP is needed and you can self refer at anytime.

Support options

You can access a range of support options including:

- Chat with a member of our team (*live chat or send us a message anytime)
- Goal setting and journalling
- Mini activity hub
- Community support (discussion boards and live forums)
- Helpful articles (from the Kooth team and our community)

Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends

Visit **kooth.com** today to find free, safe and anonymous support.

We often hear that leaving school or college should be exciting, right? New adventures, freedom, and a whole heap of possibilities!

But actually, feeling excited isn't always the case, and many young people experience worries or uncertainty around what is coming next.

This is understandable: the routine and structure known for years is suddenly gone, friends are splitting in different directions, and students are leaving teachers who they may have known and may have been their role models for years.

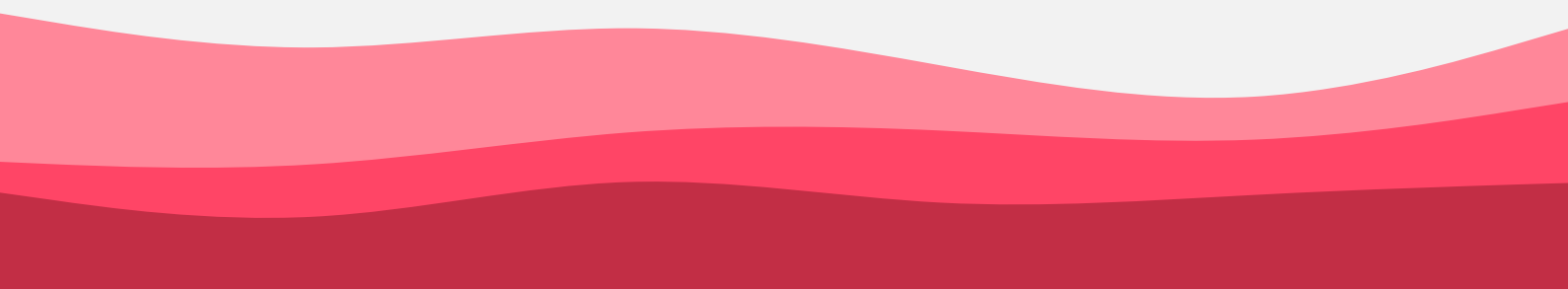
This is replaced with more independence, finding your feet as a young adult, and making several decisions about the future.

This can be exciting, but what about when you have no idea what to do next or where you're going in life? Or if you are unsure about the plans you have lined up?

You may be experiencing feelings and thoughts, such as:

- Everyone else seems to have it worked out
- Uncertainty on what next steps to take
- Not feeling particularly passionate or enthusiastic about anything
- Feeling isolated or disconnected from friends
- Pressure to have “the best years of your life” or to “get it right”
- Overwhelmed by the independence and choice

You may also be feeling some other emotions here, like relief, hope, and excitement.



How can you cope with feeling lost after finishing school or college?

We have put together some advice to help with feeling lost after finishing school or college. Some of these might work for you, others might not, and some may take time before they work.

Acknowledge your feelings

Pushing your feelings and emotions away might feel like the easiest thing to do. However, bottling up feelings can be damaging for your mental health and may lead you to feeling worse.

Acknowledging how you are feeling can be a step towards feeling better about your situation and can help with managing emotions. Lots of people find writing helpful for processing emotions, for instance, creative writing or journalling. Others find talking to friends and family particularly useful - you might just find that you are not the only one feeling this way!



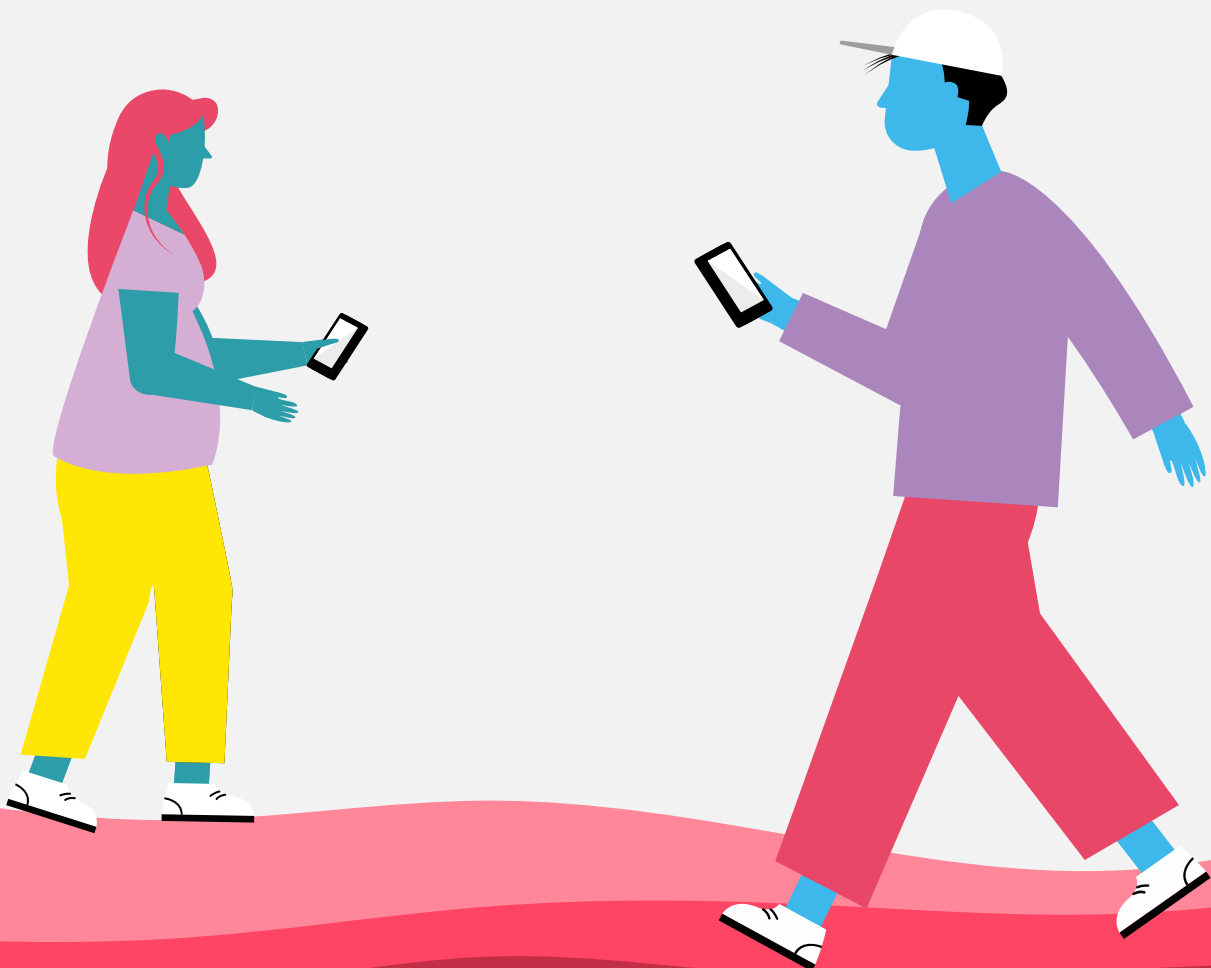
One step at a time

It might feel like you have to make the right decisions about your next steps for the next few years, and having these expectations of yourself can be really overwhelming.

Here is what Tay*, who finished school a few years ago, had to say:

*Tay is a pseudonym

Tay: “My advice to anyone feeling overwhelmed after leaving school is to slow down. You don’t have to have a path set out like you think you should, and life rarely works out that way, anyway. Start with small steps to get out of feeling lost, like do a bit of work experience, or chat to your role models about how their life after school went. When I started taking the focus off “the future” and just explored new opportunities one step at a time, I started to relax more and feel less pressure about knowing where I wanted to go. Taking this approach put me in a better headspace, which, in turn, helped me think more clearly about the direction I actually wanted to take.”



Explore new opportunities

- **Try new things:** Now is a great time to try some new opportunities, whether they be a new hobby, some work experience, or starting your own project.
- **Create a vision board:** Grab a cork board and start collecting images of the things you want to do at some point in your life. Having imagery around us can keep us inspired and excited for what might be ahead, which may help shift some of those feelings of apprehension. Leave some space on the board to add things later, reminding yourself that your goals and visions can grow and change.



Talk to others

Talking about our problems can often improve them. It allows us to release some of the pent-up feelings inside, and even if we don't get any advice, having a listening ear and just knowing someone is there can be enough.

You could try opening up to:

- **Friends or family:** If you ask any person who has left school or college, the chances are they had some uncertainties about the future! There is a high chance your friends are experiencing similar feelings to you, even if it might not look like they are struggling. Being around those who are feeling a similar way can be comforting.
- **Teachers:** As many students feel this way when leaving school or college, your teacher might be able to provide you with helpful advice about how to manage feelings or point you in the direction of where you can find support.



Visit **Kooth.com**
today to get started.

