



# Keeping well this winter

An information leaflet from your Children's Public Health 0-19 Nursing Service, December 2022

## Immunisation **SAIS** School Aged Immunisation Service

It is really important to be protected against a number of dangerous diseases.

The School Aged Immunisation Service offers vaccinations to young people in school:

 [website](#)

For more information about immunisation see this guide for young people:

 [A Guide to Immunisation for Young People](#)

If you haven't had your COVID-19 vaccination yet find out more here:

 [website](#)



## Take care of yourself!



**Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.**

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

**Self-Care - it's not one thing, it's your thing!**

Find out more from Young Minds including a video explaining what self-care is all about

 [Young Minds](#)

**See here for lots of ideas for self-care from other young people:**

 [Self-care - Anna Freud](#)

 [My Self-care Plan download](#)

## It is ok and normal to be anxious sometimes

If you are feeling constant anxiety, it can be a sign that something in your life isn't right and you may need some help figuring out what that is.

Young Minds has lots of information about understanding anxiety and how to get some help.



 [Young Minds Anxiety](#)

**If you feel that you need some support, there are lots of websites and services that can help.**

### You are NottAlone!



**is here!**

Are you worried about your own, or someone else's mental health?



Nottinghamshire County Council  
Nottingham City Council  
NHS

Want to find trusted information, advice and local services that can help?

The **NEW** website offering local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

[nottalone.org.uk](https://nottalone.org.uk)

This website has local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

 [nottalone](#)

### Be U Notts - Support when you need it

Be U Notts offers free mental health and emotional wellbeing support and is available to anyone aged 25 or under, living in Nottingham and Nottinghamshire (excluding Bassetlaw) who is registered with a local GP.

 [BeUNotts](#)

**For great tips and positive messages follow Young Minds on Instagram:**

 [Young Minds instagram page](#)





**In crisis?  
Need support?**

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

**Text the free, anonymous crisis textline**

All texts are answered by trained volunteers, with support from experienced clinical specialists



# Spotlight on ADHD

We know that if you have ADHD it can have a huge impact on your mental health and wellbeing in many ways. From becoming overwhelmed with decisions, emotions and social situations to feeling restless and unable to relax. That's why Young Minds have worked with young people to create a brand-new guide to ADHD and mental health full of tips, information and advice.

**Check it out now!**

 [Young Minds ADHD and Mental Health](#)





# Relationships

Relationships are sometimes confusing but should also be fun! Just take your time, make sure it feels right and talk to someone if you're unsure.

We all hope to have healthy, loving relationships but sometimes relationships change, and some behaviour becomes unhealthy and can result in an abusive and controlling relationship. Love shouldn't feel bad, and everyone has the right to feel safe and happy.

Talk to your friends about what you think a healthy relationship is and look out for anything that you think isn't ok.

**Check out the Friends Can Tell website, video, and Instagram**

 #friendscantell

**Staying safe online -  
The internet,  
relationships,  
and you**

This website offers advice and support to staying safe online

 thinkuknow



## Where to go for sexual health services in Nottingham

### SH:24

Sexual health 24 hours a day – free, discreet, confidential

 [website](#)

### Integrated Sexual Health Service

The Nottingham Sexual Health and HIV Service is free and confidential

Tel: 0115 962 7627

 [website](#)

### The C-Card Scheme

came to an end in Nottingham City at the end of March 2022. In order to support young people to access advice and support CityCare have developed our own free condom scheme "MyCard" this will be available to young people via the school drop-in led by the Children's Public Health 0-19 Nurses.



## Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during term-time and the school holidays

**I am worried about my health, can I talk to a Public Health Nurse?**

**I'm here to help.  
Whatever is worrying you, let's talk it through.**

The service can help with all kinds of things like:

- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

**07480 635024**

 [OR START A TEXT CHAT HERE](#)

If you would like to feedback on this leaflet or our services please visit our website here: 