



Keeping well this winter

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

Immunisation SAIS School Aged 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:

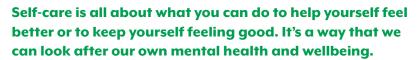
A Guide to Immunisation for Young People

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

website



Take care of yourself!



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





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

You are NottAlone!



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 instagam page

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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

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

This website offers advice and support to staying safe online

thinkuknow

and you



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



The service can help with all kinds of things like:

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

- Bullying
- And more

Send a text to:

07480 635024

OR START A TEXT CHAT HERE