



# Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2021

# Hello

 from your Children's Public Health 0-19 Nursing Service!

You may not have seen us much recently due to Covid restrictions but we want you to know that your Community Public Health Nursing Service is still here for you. We may be working slightly differently to usual but we are still in school and you can ask to see us or get in touch by the TextHealth service.

We can offer support and advice about a range of issues affecting health including sexual health, physical and emotional health, relationships, healthy eating, drugs and alcohol, plus lots more.

Our service works confidentially and this will always be explained to you.

Our TextHealth Messaging Service is a new way for young people to get advice and support about health related issues.

**Young people aged 11-19 years old can send a text to or start a direct web chat with us.  
Monday to Friday, 8:30am to 5pm  
(excluding Bank 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
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

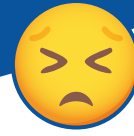
Send a text to:

**07480 635024**

or start a chat at:

**[www.chathealth.nhs.uk](http://www.chathealth.nhs.uk)**

# How are you feeling?



We know that this has been an incredibly challenging time for everyone, it is ok to ask for help and there is lots of support out there.

## Rise Above

is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice.

🔗 <https://riseabove.org.uk>

## 'Not All On You'

When a friend confides in us, or tells us they're struggling with their mental health, it can be really hard to know how to respond.

We may feel pressure to be their main source of support, or feel as though we have to help even if we're struggling to cope ourselves. This can cause a lot of stress, but there are ways you can help your friend while looking after your own mental health as well.

This March Young Minds launched a new campaign to help you do just that. The message of the campaign is simple: if you're supporting your friend, you're not on your own – it's Not all On You.

🔗 <https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

Where to go for help if you're feeling anxious or need support:

**Anna Freud**  
National Centre for  
Children and Families

**shout**  
for support & advice

**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

## KOOTH

Free, safe and anonymous online support for young people

🔗 <https://www.kooth.com/>

## Young Minds

🔗 <https://youngminds.org.uk/>

## The Mix

Freephone **0808 808 4994**  
(7 days a week from 4pm to 11pm)  
Crisis messenger 24 hours a day, 7 days a week  
Text **THEMIX** to **85258**

## CAMHS (Child and Adolescent Mental Health Services) in Nottingham

Tel: **0115 876400**

Text: **07860 002131**

🔗 [@camhs\\_nottinghamcity](http://www.asklion.co.uk/bemh)

## Childline: 0800 1111

If you're under 19 you can confidentially call for free, email, or chat online about any problem big or small at any time of the day or night

🔗 <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

## Where to go for sexual health services:

### SH:24

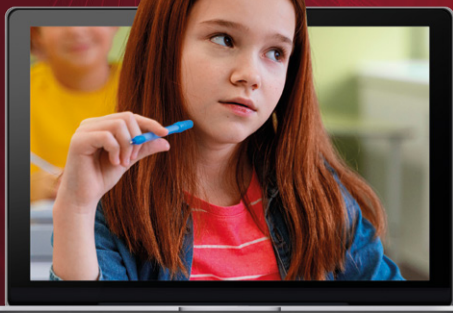
Sexual health 24 hours a day – free, discrete, confidential

🔗 <https://sh24.org.uk/>

### Integrated Sexual Health Service

Tel: **0115 962 7627**

🔗 <https://www.nuh.nhs.uk/sexual-health-services>



## Keeping safe online

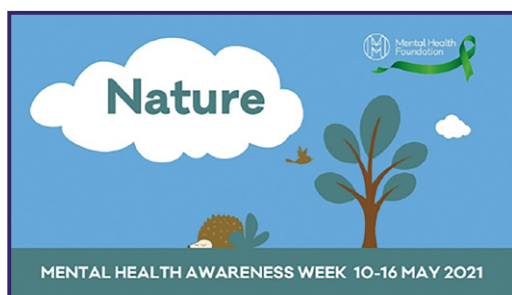
To keep yourself safe on the internet check out these pages:

👉 [https://www.thinkuknow.co.uk/11\\_13/](https://www.thinkuknow.co.uk/11_13/)

👉 [https://www.thinkuknow.co.uk/14\\_plus/](https://www.thinkuknow.co.uk/14_plus/)

## Coming up...

### 10th-16th May Mental Health Awareness Week



This year the theme is 'nature' as there is so much evidence now about how good it is for our mental health to spend time in nature.

So find a few minutes to walk in the park or just look at what you can see from your window!



### 8th-13th June Carers Week

Are you a young carer? Do you help or support a parent or brother/sister with a physical/learning disability, mental health condition or a long term illness?

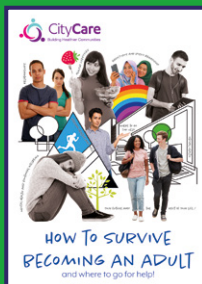
#### Action for Young Carers

a free and confidential service that supports young carers in Nottingham City

- Call us on: **0115 962 9351 /2/3** or **0115 962 9349**
- Email: **AYCservice@carersfederation.co.uk**
- Text Phone: **07814 678 460**
- 👉 <https://aycnottingham.co.uk>



Year 11's  
watch this  
space!



Before you finish this school year we will send you **'How to survive becoming an adult and where to go for help!'**

We will email you this resource via your school email address. It contains lots of health and well-being information, useful websites and local services you can contact for help.



If you would like to give us any feedback on the contents of this leaflet please email **[ncp.customercare@nhs.net](mailto:ncp.customercare@nhs.net)**