

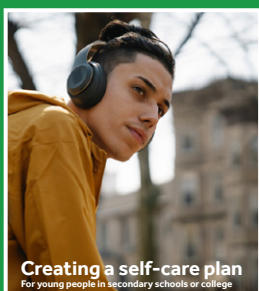
# Keeping well this spring

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

## 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.



Download this useful resource, to help you create a detailed self-care plan that works for you.



download

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

Supported by  
**NOMINET**



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

self-care ideas

**Getting a good night's sleep is an important way of looking after ourselves, but it's not always that easy, right?**

If you are struggling to sleep, check out the Teen Sleep Hub for advice:

sleep advice



**It is ok and it is 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 website



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

## You are NottAlone!

**NottAlone** is here!

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



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**

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

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



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

 [Young Minds instagram page](#)



## Where to go for sexual health services in Nottingham

### SH:24

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

 [website](#)

### Integrated Sexual Health Service

The Nottingham Sexual Health and HIV Service is free and confidential  
Tel: 0115 962 7627

 [website](#)



# 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](#)