



Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2023




Make the first move for your mental health

No matter how much you do, physical activity can make a big difference to how you feel - increasing feel-good hormones and helping reduce symptoms of anxiety and stress.

Now is the perfect time to get active and make the first move for your mental health with Every Mind Matters.

Find ways to get active at:

 nhs.uk/better-health/get-active

Find out about activities in Nottingham at:

 Ask Lion

 Active Nottingham



Anxiety

It is common to develop anxiety at some point.

Find out what causes it and what you can do to feel better.

👉 Anxiety - A guide for Young People from Young Minds

On My Mind

This website aims to empower young people to make informed choices about their mental health and wellbeing. It has been co-produced with young people to help other young people and has lots of useful information.

👉 Website

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 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

Nottinghamshire County Council, Nottingham City Council, NHS

👉 [nottalone](http://nottalone.org.uk)

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

👉 [BeUNotts](http://BeUNotts.org.uk)

Mental health advice for young Muslims

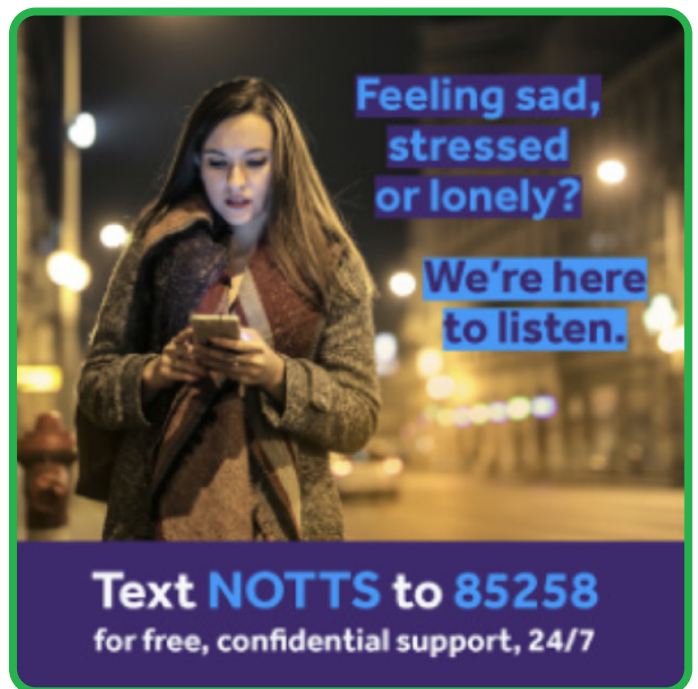
Check out faith-friendly information, shaped by the voices of young Muslims and created in partnership with Muslim Youth Helpline:

👉 Young Minds



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

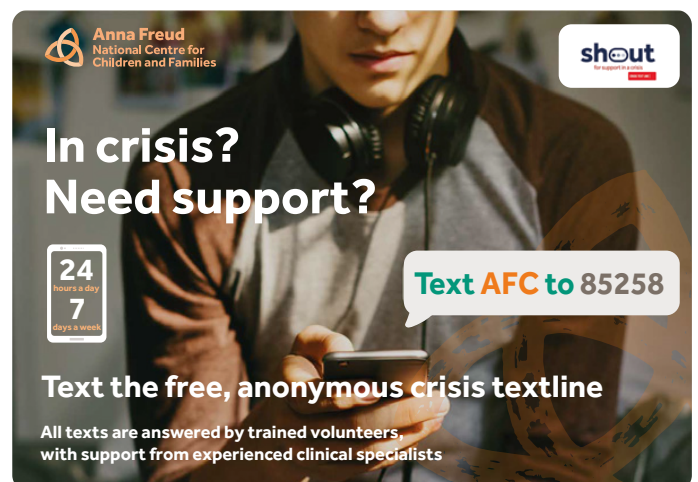
👉 Young Minds instagram page



Feeling sad, stressed or lonely?

We're here to listen.

Text NOTTS to 85258
for free, confidential support, 24/7



Anna Freud National Centre for Children and Families

shout
for support in crisis

In crisis? Need support?

Text AFC to 85258

Text the free, anonymous crisis textline

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

24 hours a day
7 days a week

Where to go for sexual health services in Nottingham:

SH:24

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

[website](#)

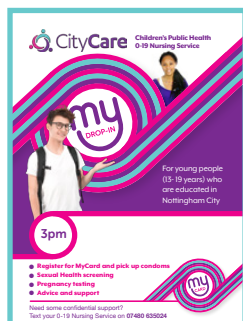
Integrated Sexual Health Service

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

[website](#)

CityCare Sexual Health Services for young people in Nottingham City

To support young people to access additional sexual health support in the city, Nottingham CityCare has set up our own free condom scheme called MyCard. This is available to young people via their school nurse.



We have also started a new out of school hours sexual health service called My Drop-In. There are 2 clinics that will run weekly for the next 6 months. Mondays at Boots in the city centre (first floor) and Tuesdays at Strelley Health Centre, both clinics will run from 3-5pm and provide pregnancy testing, chlamydia and gonorrhoea testing, MyCard registration and pick up, plus advice and support.

Are you a young carer?



Do you help or support a parent or sibling with a physical/learning disability, mental health condition or a long term illness?

Action for Young Carers is a free and confidential service that supports young carers in Nottingham City.

Tel: **0115 9629351 /2/3** or **0115 9629349**

Email: **AYCservice@carersfederation.co.uk**

Text Phone: **07814 678 460**

[Website](#)

VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.

smokefreesheffield.org
talktofrank.com

ash.
action on smoking and health

Smokefree Sheffield

Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

[See Smokefree Sheffield's video about vaping here](#)

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:

