



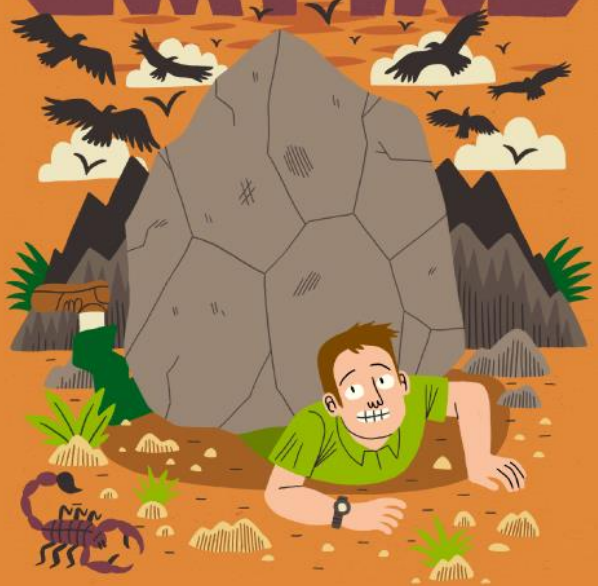
...BUT NOT EVERYONE FEELS LIKE THAT

YOUR WELLBEING

- RESEARCH SHOWS THAT UP TO 20% OF PEOPLE ARE STRUGGLING WITH THEIR WELLBEING DUE TO THE IMPACT OF THE CORONAVIRUS PANDEMIC.
- THAT MEANS ONE IN FIVE PEOPLE (CHILDREN AND ADULTS) ARE NOT FEELING AS HAPPY AND CONTENT AS THEY HAVE PREVIOUSLY BEEN.



I'M FINE



Sometimes we
say we're fine
when we're not.

With 1 in 4 of us experiencing a
mental health problem each year,
if your mate says they're fine,
they might not be.

To really find out,
#AskTwice.

time to change

let's end mental health discrimination

Funded by
Department
of Health &
Social Care



- IT'S IMPORTANT TO UNDERSTAND THAT IT IS OK NOT TO FEEL OK.
- WHAT IS ALSO IMPORTANT IS TO LOOK AROUND YOU AND RECOGNISE THOSE WHO MIGHT NEED SOME SUPPORT.
- SOMETIMES JUST ONE CARING, TRUSTING RELATIONSHIP CAN MAKE A DIFFERENCE. BE THERE FOR YOUR FRIENDS, ASK IF THEY ARE OK, LISTEN TO THEIR RESPONSE.
- TALKING HELPS.

FURTHER HELP

- TALK TO SOMEONE YOU TRUST AT HOME OR AT SCHOOL
- TRY SOME SELF HELP TECHNIQUES; WHAT WORKS FOR ONE PERSON MIGHT NOT WORK FOR ANOTHER, THERE ARE 94 SELF HELP TECHNIQUES IF YOU FOLLOW THIS LINK: [HTTPS://WWW.ANNAFREUD.ORG/ON-MY-MIND/SELF-CARE/](https://www.annafreud.org/on-my-mind/self-care/)
- [HTTPS://WWW.HEALTHFORTEENS.CO.UK/](https://www.healthforteens.co.uk/) HEALTHY TOGETHER'S HEALTH FOR TEENS WEBSITE FEATURES BITE-SIZED INFORMATION ON A COMPREHENSIVE RANGE OF PHYSICAL AND EMOTIONAL HEALTH TOPICS FOR TEENAGERS (11-19), INCLUDING HEALTHY EATING, BODY IMAGE, MANAGING STRESS, ADVICE ON RELATIONSHIPS, PUBERTY, SEXUALITY AND MUCH MORE. THE WEBSITE IS PRIMARILY A HEALTH PROMOTION WEBSITE HOWEVER LINKS ARE PROVIDED TO FURTHER INFORMATION AND OTHER SERVICES IF NEEDED.
- TEXT A SCHOOL NURSE FOR CONFIDENTIAL ADVICE AND SUPPORT – CHATHEALTH IS A TEXT MESSAGING SERVICE FOR YOUNG PEOPLE (11-19) LOOKING FOR CONFIDENTIAL ADVICE AND SUPPORT FROM THEIR PUBLIC HEALTH NURSE (SCHOOL NURSE). THE CONTACT NUMBER IS **07520 615 387** AND YOUNG PEOPLE WILL RECEIVE A RESPONSE WITHIN 24-HOURS (9AM TO 5PM MONDAY TO FRIDAY EXCL. BANK HOLIDAYS).



Text a public health nurse (school nurse) for confidential advice and support:

 **07520 615387**

This is not an emergency service.
For urgent medical attention, please contact your GP or call 111 or 999.



Find your local service and start a chat
chathealth.nhs.uk

