



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, March 2024

Are you worried about what is happening in the world?

If you've been affected by what's happening, or what you've heard in the news, you are not alone. Whether you're worried about what you've read, worried about other people's reactions, or worried about your friends and family, know that your feelings are valid.

**You are not alone.
However you're feeling right
now, things can get better...**

This is the message from the Young Minds charity. Whether you want to understand how you're feeling and find ways to feel better, or you want to support someone who's struggling, they have lots of information on their website:

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

NottAlone

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

is here!



 Nottinghamshire County Council

 Nottingham City Council

 NHS

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

 Anna Freud
National Centre for Children and Families

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

 shout

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](https://BeUNotts.org.uk)



Feeling sad,
stressed
or lonely?

We're here
to listen.

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

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](https://YoungMinds.org.uk)

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

Are you a young carer?



A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

The service in Nottingham has changed and you can find out more about what support is available here:

[Website](#)

Where to go for sexual health services in Nottingham

SH:24

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

[website](#)

Nottingham Sexual Health Service

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

[website](#)

C-card Nottingham

Ready to embark on a positive sexual journey?

Register for your C-Card now and gain access to free condoms. Find out how here:

[website](#)



For young people (13- 19 years) who are educated in Nottingham City

3-5 PM

Tuesdays

Broxtowe Childrens Centre
Bradfield Road NG8 3AY

- Register for MyCard and pick up condoms
- Sexual Health screening
- Pregnancy testing
- Advice and support

Need some confidential support?

Text your 0-19 Nursing Service on **07480 635024**

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:

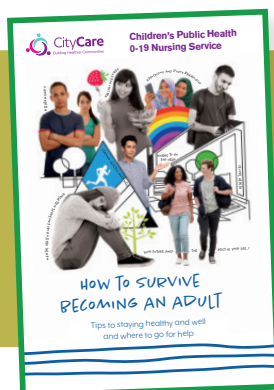
- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

07480 635024

[OR START A TEXT CHAT HERE](#)

Coming soon...
for all Year 11s



We provide 'How to survive becoming an adult! Tips to staying healthy and well and where to go for help' to all Year 11s. It contains lots of information about your health and well-being, useful websites and services.

This E-resource will be sent to you via your school email after the Easter holidays, so look out for it!

If you would like to feedback on this leaflet or our services please visit our website here:

