

Keeping well this winter

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

The Children's Public Health 0-19 Nursing Service offers young people in Secondary schools a weekly confidential drop-in.

We provide advice and support around a range of health needs including emotional health, sleep, sexual health and relationships, self-harm, bullying, alcohol and drugs, healthy eating, smoking and vaping.

To access the drop in within school you can pop along to the school nurses' room on your lunch break, request an appointment through a teacher or send a text to our TextHealth service (**07480 635024**) and we will ask your school nurse to send you an appointment.

We also offer a weekly out of school Sexual Health Drop-In Clinic every Tuesday 3pm until 5pm

at Broxtowe Family Hub (The Cornerhouse, Strelley Road) for young people aged 13 to 19 who attend a school in Nottingham City. We can offer registration and pick up of C-Cards, Chlamydia and Gonorrhoea screening, pregnancy testing and advice and support.

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

**In crisis?
Need support?**

Text AFC to 85258

24 hours a day
7 days a week

Text the free, anonymous crisis textline

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

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

👉 nottalone

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

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

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



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: [\[Link\]](#)