



HOW TO SURVIVE BECOMING AN ADULT

Tips to staying healthy and well
and where to go for help

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YOUR FUTURE AND ENJOYING THE REST OF YOUR LIFE



The end of Year 11 can be a really exciting time as you start making plans for what you will do with your future. It can also be a bit daunting if you're not sure what you would like to do next, so don't panic and take some time to have a think and look at your options.

In England, you can leave school on the last Friday in June if you'll be 16 by the end of the summer holidays. You must then do one of the following until you're 18:

- stay in full-time education, for example at a college
- start an apprenticeship or traineeship
- spend 20 hours or more a week working or volunteering, while in part-time education or training



Dealing with disappointing results

If you don't get the grades you want, it can feel devastating especially after these difficult few years. But it really isn't the end of the world and it happens to lots of people, for all sorts of reasons. If you believe an error has been made, you do have a right to appeal and should contact your school.

Have a look at these websites for advice:

[exam stress](#)

[disappointing exam results](#)

[Childline support with exams](#)



HELP WITH TAKING THE NEXT STEP

Futures for You

Honest and straightforward support so you can explore your options, find opportunities and prepare for the future.

Tel: 0800 85 85 20

 [website](#)

National Citizen Service

Designed especially for 16 and 17 year olds, the NCS experience will give you a clearer idea of what you want from your future.

 [website](#)

FE - Further Education

This includes any study after Secondary school that is not Higher education and may be in sixth form or at a college.

Use the National Careers Service course search to find further education (FE) courses by course name, provider or subject.

 [website](#)



HE - Higher Education

This is usually going to University. There are lots of courses available and it may take some time to find what is right for you:

 [UCAS](#)

 [student finance](#)

 [study abroad](#)





Apprenticeships

An apprenticeship will give you the opportunity to achieve nationally recognised qualifications whilst also working for an employer. They take between 1 and 4 years to complete and cover over 1,200 job roles in a range of industries.

[what is an apprenticeship?](#)

[apprenticeships guide](#)

Getting a Job

[Job Centre guide](#)

[National Careers Service](#)

Gap Year

If you are thinking about having a year out of education or employment post 18, you may want to consider a Gap Year.

[advice on a gap year](#)

Volunteering

Volunteering can be a really good way to get experience, help find out what you would like to do and help to make a difference.

[Nottingham CVS](#)

[Volunteering Matters website](#)

Travel Health

If you're planning to go abroad on holiday or to work check you have all your immunisations and any specific ones required for the country you are travelling to.

[vaccination information](#)

To check guidance for people planning to travel or live abroad and any safety or health issues.

[check here](#)

Festivals

Festivals are amazing fun but make sure you read these top tips to staying safe and well before you go!

[check here](#)



MENTAL HEALTH AND EMOTIONAL WELLBEING



Life at the moment

The last few years have been very strange and difficult for many people. Tragic and worrying things going on in the world can also be very upsetting.

It is ok, and normal, to be anxious and have a bad day.

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.

Here are some ideas and websites that may help.



5 steps to mental wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

- 1 Connect with other people
- 2 Be physically active
- 3 Learn new skills
- 4 Give to others
- 5 Pay attention to the present moment (mindfulness)

[find out more here](#)

Self-care

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

[find out more here](#)



Getting a good night's sleep

There are many simple things you can do to help you sleep here are 'Rise Aboves' 5 tips for a better night's sleep:

- 1 Setting a regular bedtime and wake time, this can really help remind your body clock it's time to sleep
- 2 Try not to nap in the daytime.
- 3 If you do charge your phone in your bedroom, try to charge out of reach so you can resist the temptation to check it!
- 4 What we do in the daytime is really important for sleep, regular exercise helps, either in the morning or 4 hours before bedtime is best.
- 5 Try a night time routine, hot bath, create a dark, cool, tidy, soothing bedtime space and relaxing music before bedtime can help to wind down from the day or even ear plugs can help you get off to sleep to block out any noise.

The Teen Sleep Hub

has some more great ideas and videos to help if you are finding sleep difficult.

[visit site](#)



Anxiety

Did you know heart rate and anxiety are closely related? ChillPanda allows you to better understand and manage this relationship and learn breathing and relaxation techniques on the App

[find ChillPanda app](#)

Body image

Body Image is about how you see yourself when you look in a mirror or when you picture yourself in your mind. Body image can have an impact on your self-esteem and confidence. The media can have an impact on what you think a 'normal' body should look like. See these top tips for a positive body image:

[visit website](#)



WHERE TO GO FOR HELP

NottAlone



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

[nottalone](#)

CAMHS (Child and Adolescent Mental Health Services)

No young person should have to face emotional distress on their own. You can get support by speaking to someone in school; going to your GP, or

[website](#)

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 (excluding Bassetlaw) who is registered with a local GP.

[website](#)



KOOTH

Free, safe and anonymous online support for young people

[website](#)

Young Minds

Free, safe and anonymous online support for young people.

[website](#)

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.

[website](#)

The Mix

Tel: **0808 808 4994** FREEPHONE

(Mon - Sat 4pm to 11pm)

Text: **THEMIX** to **85258**

Crisis messenger 24 hours a day, 7 days a week

[website](#)

Nottingham and Nottinghamshire Talking Therapies

Nottingham and Nottinghamshire Talking Therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access support, though a GP referral is not necessary as you can self-refer.

[website](#)

NGY Myplace

Is a state of the art centre for teenagers and young people living in Nottingham providing a range of services and facilities from a fitness suite and recording studio, to counselling and health services.

[website](#)



If you need URGENT support you can contact

Nottingham and Nottinghamshire Mental Health Crisis Line (24/7)
Tel: Freephone 0808 1963779

Childline

If you're under 19 you can confidentially call for free, email, or chat online about any problem big or small at any time of the day or night

Tel: 0800 1111

[website](#)

Samaritans

If you're in distress and need support, you can ring Samaritans for free at any time of the day or night

Tel: 116 123

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

If you feel that you can't keep yourself safe go to your local A&E or ring 999

Bereavement

Support if someone close to you has died.

Winston's Wish

Freephone National Helpline is free to call and offers therapeutic advice if someone close to you has died.

Tel: 08088 020 021

[Website](#)

Support sites

[Talk Grief](#)

[Childhood Bereavement Network](#)

[The Good Grief Trust](#)

Eating disorders

B-eat

Tel: 0808 801 0677 (for under-18s)

[Website](#)

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](#)



RELATIONSHIPS



Relationships are confusing, yes, but should also be fun! Just take your time, make sure it feels right and talk to someone if you're unsure.



We all hope to have healthy, loving relationships but sometimes relationships change and some behaviour becomes more unhealthy and can result in an abusive and controlling relationships.

Love shouldn't feel bad and everyone has the right to feel safe and happy.

Childline

Are able to offer advice on relationships
Tel: **0800 1111**

[website](#)

Other useful websites:

[LoveRespect](#)

[Respect Not Fear](#)



[Friends Can Tell](#)

[Health for Teens](#)

[Draw the Line](#) Only for smartphones






Peer Pressure

Peer pressure can be difficult to deal with. You can find yourself in a situation where you are being pressured by those around you to do or act in a way you wouldn't normally. This can mean you can make decisions that have negative consequences.

 advice from Childline

Sexuality and Gender

For online information and support:

-  [The Be You Project](#)
-  [Gendered Intelligence](#)
-  [Gender and Mental Health](#)
-  [Sexuality and Mental Health](#)



Support in Nottingham

Outburst!

Group for LGBT young people aged 11-19.

 [Web page](#)

GenderPhoria

A trans and non-binary group for 13-18 year olds run by CAMHS

Tel: **07958 194768**

Support group runs every Thursday

5.00-6.30pm

Nottingham Wellbeing Hub

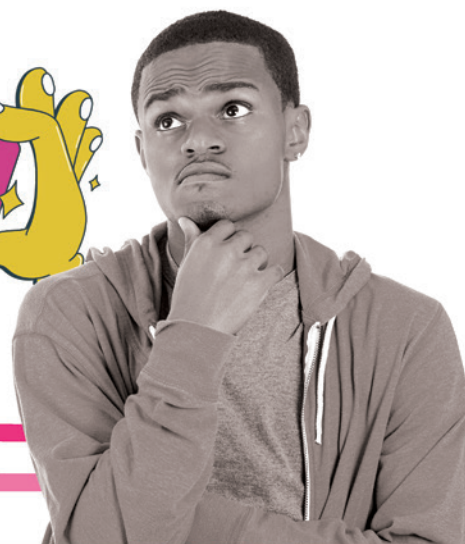
73 Hounds Gate

Nottingham

NG1 6BB



SEXUAL HEALTH



Contraception

Contraception is important when you become sexually active. There is a wide range of choice for contraception to prevent an unwanted pregnancy. To decide on a form of contraception that is right for you, it's best to speak to a health professional.

C-Card Nottingham

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

[website](#)

Information

[Brook - sexual health for young people](#)

[NHS - contraception](#)

Consent

Consent is important in every sexual encounter. Consent must be asked for and given, it is an agreement without coercion or manipulation and if those involved have the capacity.

Information

[Brook](#)

[UK Says No More](#)

[watch Rise Above's 'consent video'](#)

Services

Nottingham Sexual Health and HIV Service

Tel: **0115 962 7627**

[website](#)

SH:24

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

[website](#)

You can also go to your GP for sexual health services.



Shatter the Silence

A four minute animation created by the Student Commission on Consent and Sexual Violence, this video looks at how sexual violence is experienced by young people.

[watch here](#)

Services

Notts Sexual Violence Services

[website](#)

Sex without consent is rape or sexual assault.



Sexually Transmitted Infections (STI)

Sex without a condom can result in someone getting a sexually transmitted infection. Most STIs are easily treated, but it is important to get tested after any unprotected sex, and to use a condom every time.

Information

[NHS](#)

[Brook](#)

[Terrence Higgins Trust](#)

Services

Integrated Sexual Health Service

Tel: 0115 962 7627

Health Shop

[website](#)

Your GP offers some types of testing for STIs

Online Testing for STIs

[Freetestme](#)

[free Chlamydia test](#)

[SH24](#)

See here for a guide to STI Testing

[guide to STI testing](#)

Think you may be pregnant?

If you have had unprotected sex you can take emergency contraception but this needs to be done as soon as possible after sex and within 5 days.

Contact the

Nottingham Sexual Health and HIV Service

Tel: 0115 962 7627

[website](#)

It is really important to take a pregnancy test and get help as soon as possible. Talk it over with your parent, GP or someone you trust.

The British Pregnancy Advisory Service (BPAS)

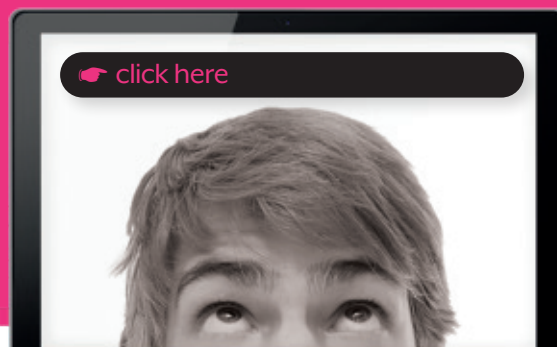
can offer help and advice on pregnancy and abortion.

Tel: 03457 304030

[website](#)

Sex, relationships and the internet - need advice?

[click here](#)



ADDICTIONS AND RISKY BEHAVIOUR



Smokefree National Helpline

Not starting smoking in the first place and stopping smoking are the best things you can do for your health. You don't have to quit smoking alone. It's much easier to do it with the right information, advice and support.

Call the free Smokefree National Helpline to speak to a trained, expert adviser.
Tel: **0300 123 1044**

All lines are open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.

Vaping (E-cigarettes) aren't a safe alternative to smoking.

They're just another way of putting nicotine into your body. Nicotine can harm the developing adolescent brain and the brain keeps developing until about age 25. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

The advice is that people who smoke are better to switch completely to vaping but if you have never been a smoker, don't start to vape.

Vaping facts

KNOW YOUR UNITS

Find out what's in your drinks! Get the facts and advice on alcohol units and measures.

14 UNITS

There is no completely safe level of drinking, but sticking within the guidelines lowers your risk of harming your health. Men and women are advised not to regularly drink more than 14 units a week.

3 DAYS

Spread your drinking over 3 days or more if you drink as much as 14 units a week.

GLASS OF RED, WHITE OR ROSE WINE (ABV 13%)

Small 125ml 1.6 UNITS	Standard 175ml 2.3 UNITS	Large 250ml 3.3 UNITS
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BEER, LAGER AND CIDER

REGULAR (ABV 4%) 1.8 UNITS	STRONG (ABV 5.2%) 2.2 UNITS	EXTRA STRONG (ABV 8%) 3.5 UNITS
1.8 UNITS	3 UNITS	4.5 UNITS

750ML BOTTLE OF RED, WHITE OR ROSE WINE (ABV 13.5%)

10 UNITS PER BOTTLE

OTHER DRINKS

35ML SINGLE SPIRIT AND MIXER (ABV 40%) **1 UNIT**
 275ML BOTTLE OF PRE-MIXED DRINK (ABV 5.5%) **1.5 UNITS**

UNDERSTANDING ABV

Alcohol by volume (ABV) is a percentage measure of the amount of alcohol in your drink. You can find the ABV on the labels of cans and bottles, sometimes it will be written as 'vol' or 'alcohol volume'. The higher the %, the stronger the drink is.

TRY LOWER STRENGTH DRINKS

Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV at %). You'll find this information on the bottle.

MEDICAL WARNING

Get medical advice before you stop drinking if you have physical withdrawal symptoms (like shaking, sweating or feeling anxious) until you have your first drink of the day. It can be dangerous to stop drinking too quickly without proper support.

Alcohol

Drinking alcohol is so common in our society that it can feel like it's totally normal and not a big deal. But it's a lot more complicated than that. Alcohol has some negative effects, especially if you're drinking a lot or if you start drinking when you're under 18.



WHERE TO GO FOR HELP

Drinkline

Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

Free helpline: **0300 123 1110**

(weekdays 9am–8pm, weekends 11am–4pm)

Alcoholics Anonymous

Tel.: **0800 9177 650** (24-hour helpline)

[website](#)

Change, Grow, Live – Jigsaw

A young person's drug and alcohol service for under 18s.

Tel: **0115 9484314**

[website](#)

[alcohol advice](#)

[drugs advice](#)

FRANK

- **honest information about drugs**

Tel: **0300 1236600**

[website](#)

Nottingham Recovery Network

A single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City.

Tel: **0800 0665362**

[website](#)

Narcotics Anonymous

Tel.: **0300 999 1212** (daily, 10am to midnight)

[website](#)

National Gambling Helpline

For help, advice or support in relation to your gambling

Tel.: **0808 8020 133** (24 hours, 7 days a week)

[website](#)



HEALTHY LIFESTYLES AND STAYING HEALTHY

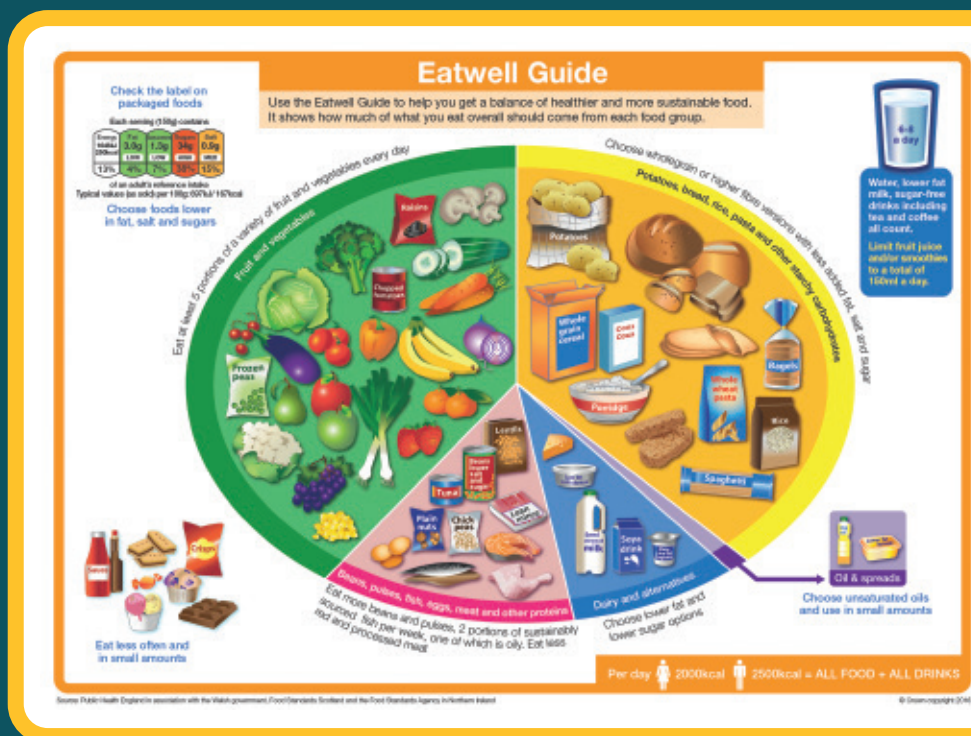


We know that there are lots of ways we can look after ourselves and protect our health. You probably know most of this already but here is a quick reminder!



Healthy Eating

Healthy eating isn't about being super strict with food, it doesn't have to be complicated or mean you have to give up any favourite foods. Just make sure you have a good balance of all the food groups over a day, or over a few days, and are not having too many foods high in sugar, fat or salt.





Physical Activity (Exercise)

Ideally, up to the age of 18, all young people should be aiming for at least an hour of activity a day.

It is important to include activities that strengthen muscle and bone on at least 3 days a week.

Try to spend as little time as possible sitting for long periods of time and just 'move more'!

As well as being good for your physical health and keeping a healthy weight, exercise is great for your mental wellbeing and a good way to meet people too.

Sometimes it's just about finding the right thing that you enjoy and want to keep doing so see what is available near you and maybe try something new!

To find out about activities in Nottingham - ASKLION

[website](#)

Other Useful sites

[Active Nottingham](#)

[This Girl Can](#)



How healthy do you think you are?

If you're over 18, you can take the 'how are you quiz' to see how healthy your lifestyle is and get some hints and tips to make healthy changes

[Take Quiz](#)



STAYING HEALTHY AND WELL AND WHERE TO GO FOR HELP

- **It is really important to be registered with a GP, Dentist and Optician**

- **Your local pharmacy**

can help you with minor health concerns such as coughs, colds, tummy troubles, earache, itchy eyes and sore throats.

To find GP practices; dentists; pharmacies and hospitals in Nottingham

 [website](#)

- **Immunisation**

Vaccines are the most effective way to prevent many infectious diseases. Having our vaccinations is the most important thing we can do to protect ourselves and others against ill health. Because some people are not being vaccinated some diseases like measles and mumps are increasing in the UK. This is serious as measles can lead to life-threatening complications like meningitis and mumps can cause hearing loss.

It is really important to make sure you've had all your vaccinations and you can catch up, if you have missed any, by asking your GP.

- **Lumps, bumps or discharge?**
If you notice anything unusual for you - don't wait, go and see your GP!

NHS 111

Can help if you have an urgent medical problem and you're not sure what to do. Get help online or on the phone.

Tel: 111

 [website](#)

NHS 111 is available 24 hours a day, 7 days a week



NHS Urgent Care Centre

The Urgent Care Centre is open every day of the year including weekends and bank holidays between 7am and 7pm and you don't need an appointment, just walk in.

The Urgent Care Centre provides access to assessment and treatment if you need help with an **urgent health problem**.

Seaton House, London Road, Nottingham NG2 4LA
Tel: **0115 883 8500**



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



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](#)

GOOD LUCK!

Stay safe, healthy and well.

Children's Public Health 0-19 Nursing Service, Nottingham CityCare.



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

[website](#)

