



Keeping well this summer

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



Make the first move for
your mental health.

Get out and about this summer!

**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.**

The summer holidays are a great time to get
active and make sure you don't get bored!

To find out about activities in Nottingham see:

 [AskLion Directory](#)

 [AskLion - Holiday Activities](#)

 [Active Nottingham](#)



Staying safe over the summer and always!

Water safety



Being by water is a great place to spend time with friends, but it's important you know how to keep yourself, and your friends, safe.

A hot day in the summer holidays, what better way to cool down than by jumping into a river or canal?

Big mistake!

There may be Tik Tok trends, and there may be dares and bets, but do not try it. There are **no lifeguards** along canals and rivers to help you.

No matter how strong a swimmer you are, you can't prepare for cold water shock which can make it difficult to move. If you accidentally fall into water and experience cold water shock, you should float to live.

This means floating on your back to keep your airways clear, control your breathing and allow the cold water shock to pass. Then you can call out for help or even swim to safety.

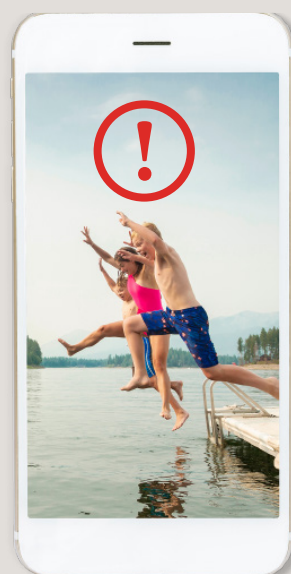
The RNLI have a great video on how to float, this will help you in any stretch of water, not just the sea:

[👉 Float To Live – What To Do In An Emergency](#)

For more information on water safety:

[👉 Canal and River Trust](#)

[👉 Royal Life Saving Society](#)



Staying safe online

It's not always easy to know what's safe online and what's not. Childline has advice to help you to keep safe and to know what to do when things go wrong:

[👉 Childline](#)

For information and advice from CEOP Education at the National Crime Agency click here:

[👉 Website](#)



You are NottAlone! If you feel that you need some support, there are lots of websites and services that can help.

NottAlone

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

is here!

Want to find trusted information, advice and local services that can help?

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

[Website](#)



Nottinghamshire County Council

Nottingham City Council

NHS

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](#)

Feeling sad, stressed or lonely?
We're here to listen.

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

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](#)

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](#)



 Anna Freud
National Centre for
Children and Families

 shout
Emergency Support

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

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



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](#)

CONFIDENTIAL SERVICE AT CONVENIENT SITES

C-CARD NOTTINGHAM

FREE CONDOM SCHEME FOR YOUNG PEOPLE AGED 13-24!

FREE CONDOMS, LUBE AND SEXUAL HEALTH INFORMATION

FREE TRAINED CARING ADVISORS

LEARN MORE AT WWW.CCARDNOTTINGHAM.COM



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:

 [Young Carers Notts](#)

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 more information about our service, please go to our website