

Christmas Toolkit

We have put together some useful information to help you during the festive period should you need it:

- ❖ heymind.org.uk 0800 138 0990 24 hours a day
- ❖ humberisphn.nhs.uk School Nurse information and advice on a wide range of problems including: LGBT+, emergency contraception, drug and alcohol use, low mood. Click on the 12-19 year olds link for key topics
- ❖ Chathealth: Text service run by the School Nurse team: 07507 332891. Lines are staffed Christmas Eve and NYE too
- ❖ youngminds.org.uk Text YM to 85258 – free to text.
- ❖ childline.org.uk 08001111 a free, confidential number that is staffed between 10am-6pm 7 days a week.
- ❖ Seedeatingdisorders.org.uk. Advice line: 01482 718130
- ❖ CAMHS Crisis Team (out of Hours) 01482 301701 option 2
- ❖ Giveusashout.org. Text SHOUT to 85258 for free, confidential support 24/7

Guide to looking after yourself

- ✓ Try to get regular exercise and fresh air. Take the dog for a walk.
- ✓ Listen to music and watch Christmas movies.
- ✓ Start some of those projects that you keep putting off because you haven't got time
- ✓ Find an activity that makes to feel relaxed.
- ✓ Stay connected with your friends, even if that means face-timing them in between family time. Keep it positive!
- ✓ Try to eat healthy meals in between all the chocolate!
- ✓ Try not to sleep all day. Find a happy medium otherwise; your body clock won't thank you when you go back to school!
- ✓ Finally... if you are feeling low please talk to someone. It's ok not to be ok even it is Christmas.