

How are you feeling?

Your health and wellbeing is really important so here are five ways to help you look after your wellbeing.

If you need some more support, turn this over for more information.



Connect

Checked your screen time recently? We all like a good scroll on social media, but how about using our tech to really connect with others? Having a proper chat about your day with friends and family – even a quick DM or FaceTime – can really improve our mental wellbeing.

Be active

Exercise releases endorphins that relieve stress, making it great for your body and mind. Try some different things and find what you enjoy – it could be walking, team sports, or a quick workout in the comfort of your own home!

Take notice

Time flies by while you're at school – between lessons, homework and having a social life it can be hard to hit pause and enjoy the moment. Try and find time each day to calm your mind. How about spending some time in nature or trying some meditation?

Keep learning

Bored of the textbooks already? Try another kind of learning – take up a hobby you used to enjoy, or try something new like cooking a recipe (good practice for the future!), learning a new skill or reading about something you find interesting.

Give

Helping others can help us feel happier too. It doesn't have to be about money – can you offer your time or support? Do a small act of kindness?




We are here for you.

If you need more support, we are here for you. If you are struggling, even if you just need to talk to someone, please contact the services below so we can support you.

All of these services are confidential so nobody will know you have been in contact with them.

On Your Mind Glos: An NHS website to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support. www.onyourmindglos.nhs.uk



Kooth is a free online mental wellbeing platform for young people aged 11 to 18 in Gloucestershire. It's designed to support you if you are experiencing issues like anxiety, low mood or stress. You can get counselling, join friendly discussion boards, read self-help articles and more. Go to www.kooth.com



ChatHealth

A confidential text messaging service for young people to get in touch with a healthcare professional for advice and support. **Text 07507 333351.**



Tic+
Counselling, Support and Care for Young People and Families

Free, confidential support for young people aged 9-21.

- **Counselling** Face-to-Face, Telephone, Video or Online-text with qualified counsellors
- **Tic+ chat** anonymous, online or telephone drop-in support

Call: **01594 372777** Text: **07520 634 063**
Visit: www.ticplus.org.uk

Childline:

Online support, resources and phone counselling. Calls are free and won't show up on a phone bill. Call **0800 1111** or visit www.childline.org.uk



Gloucestershire Self Harm Helpline

A safe, non-judgmental helpline for young people and adults who self harm, and their friends, families and carers.

Call 0808 816 0606,
text **07537 410 022** or webchat at www.gloucestershireselfharm.org

Young Minds:

The children and young people's mental health charity, Young Minds has lots of resources, advice and toolkits for young people, and a parents' helpline available Monday to Friday: **0808 802 5544.**
www.youngminds.org.uk

All of this information and more can be found at www.gloucestershire.gov.uk/yourhealthandwellbeing

Speak to someone at school or college

Don't forget, you can always talk to:

They will be able to give you support and get you the help you need.