



# Keeping well this spring

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



Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other.

[Click here for ways to help yourself or others who may be lonely](#)

[Every Mind Matters](#)



## You are not alone.

However you're feeling right now, things can get better...

This is the message from the Young Minds charity. Whether you want to understand how you're feeling and find ways to feel better, or you want to support someone who's struggling, they have lots of information on their website:

[Young Minds](#)

# 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](http://nottalone.org.uk)

Nottinghamshire County Council | Nottingham City Council | NHS

[nottalone](http://nottalone.org.uk)

## 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](http://BeUNotts.org.uk)

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

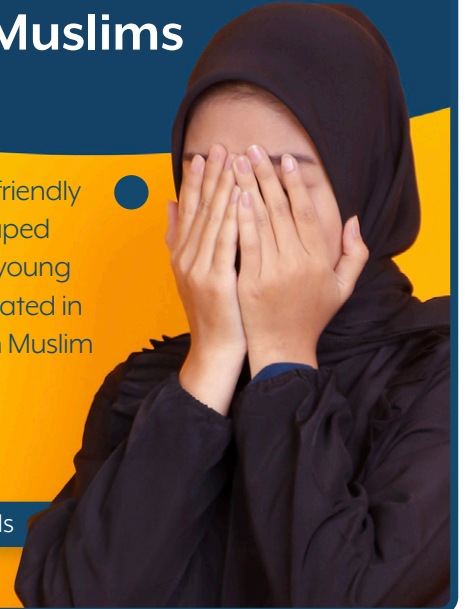
[Young Minds instagram page](#)



## 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**  
for support in a crisis

# 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

# Where to go for sexual health services in Nottingham:

## SH:24

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

[website](#)

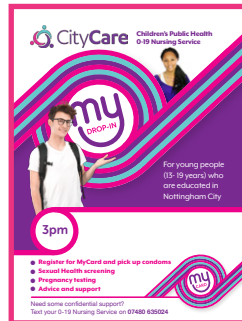
## Integrated Sexual Health Service

The Nottingham Sexual Health and HIV Service is free and confidential  
Tel: 0115 962 7627

[website](#)

## CityCare Sexual Health Services for young people in Nottingham City

To support young people to access additional sexual health support in the city, Nottingham CityCare has set up our own free condom scheme called MyCard. This is available to young people via their school nurse.



We have also started a new out of school hours sexual health service called My Drop-In. There are 2 clinics that will run weekly for the next 6 months. Mondays at Boots in the city centre (first floor) and Tuesdays at Strelley Health Centre, both clinics will run from 3-5pm and provide pregnancy testing, chlamydia and gonorrhoea testing, MyCard registration and pick up, plus advice and support.

# 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:

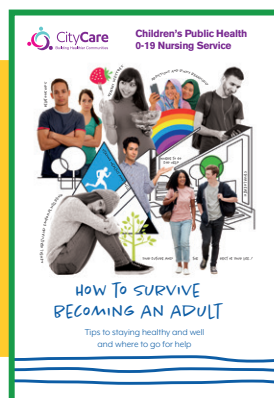
- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

**07480 635024**

[OR START A TEXT CHAT HERE](#)

Coming soon...  
for all Year 11s



We provide 'How to survive becoming an adult! Tips to staying healthy and well and where to go for help' to all Year 11s. It contains lots of information about your health and well-being, useful websites and services.

This E-resource will be sent to you via your school email after the Easter holidays, so look out for it!

If you would like to feedback on this leaflet or our services please visit our website here: [website](#)