

Young Person's Wellbeing Update

Autumn Term



SCHOOL NURSE

DROP-IN

Aged between 11 and 19? You can access confidential NHS advice about your health and emotional wellbeing.

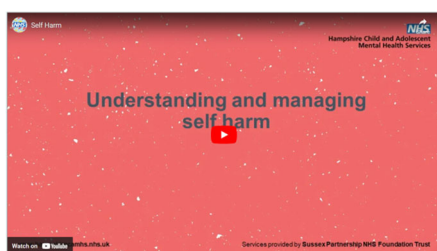
To find out when your school drop-in is, speak to student support or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

SELF HARM



Click on link: <https://youtu.be/X65TuwFAmo4>

WHAT IS SELF HARM?

Self-harm involves emotionally or physically hurting yourself on purpose. We might self-harm for many different reasons, and in many different ways. And sometimes we may self-harm but not realise until afterwards.

WHY DO PEOPLE SELF HARM?

They might see self-harm as a way of dealing with something difficult that's happening or has happened to them in the past. Or they might not know why they're hurting themselves



CHAT HEALTH

TEXT 07507 332891

A confidential text service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.

HOW DO YOU TELL SOMEONE?

Try to tell someone you trust as soon as you feel ready to reach out.

Some people may not understand straight away. This could be because they don't understand self-harm, or they're upset and in shock.

Remember: this is not your fault, and there is always someone there to support you. This could be a parent, carer, guardian, friend, partner or a professional like a teacher, doctor, school nurse or counsellor.

OTHER WAYS WE CAN HELP OURSELVES

IMMEDIATELY.....

1. understanding your patterns of self harm.
2. Distracting yourself from the urge to self harm.
3. Delaying the self harm.

IN THE FUTURE.....

1. Accept how you are feeling.
2. Build your self esteem.
3. Be Patient, this may take time.
4. Look after yourself—Self Care.
5. Reach out for support.

Useful Links & Numbers

[Home - Thirteen](#) Thirteen Me

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CAMHS Crisis 01482
301701—24/7

Text SHOUT to 85258—24/7



Helpful Apps

NHS
Blackpool Teaching Hospitals
NHS Foundation Trust

THESE DAYS SO MANY OF US USE APPS IN OUR EVERYDAY LIFE FOR ANYTHING FROM SHOPPING TO ENTERTAINMENT TO TRAVEL, BUT HAVE YOU CONSIDERED USING THEM TO LOOK AFTER YOUR WELLBEING AND MENTAL HEALTH ?



Headspace

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Its also on netflix .



Catch It

Learn how to manage feelings like anxiety and depression with Catch It.

NETFLIX



Calm

A great mindfulness app with A vast amount of exercises and options to choose from for all levels of ability.



distrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts.



Feeling Good: positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset



Student Health App

The Student Health App provides easy access to more than 900 pages of reliable health information all in one place.



Worry Tree

The WorryTree app aims to help you take control of worry wherever you are. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.



Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The be used to relax before a stressful situation.



Calm Harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



eQuoo

The eQuoo app uses adventure games designed by psychologists to teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



Stress & Anxiety Companion

Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, Helps you change negative thoughts.



Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

Disclaimer

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



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Caring, Learning
& Growing Together

Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

humberisphn.nhs.uk

