

# Young Person's Wellbeing Update

## Summer 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](#)

### WHY SLEEP MATTERS

Sleep is essential for people of any age, especially in teens. Your mental, physical, social, and emotional development requires quality sleep.

#### SLEEP HELPS WITH -

**Thinking and Academic Achievement.**

**Emotional Health.**

**Physical Health & Development.**

**Decision Making.**

**Reducing Accidents.**

Experts recommend that teens need on average 8-10 hours of sleep a night.



**Sleep gives your body a rest and allows it to prepare for the next day.** It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out.

### CHAT HEALTH

**TEXT 07507 332891**

A confidential texting 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.

## THINGS TO DO DURING THE DAY TO HELP YOUR SLEEP AT NIGHT

Get outside.

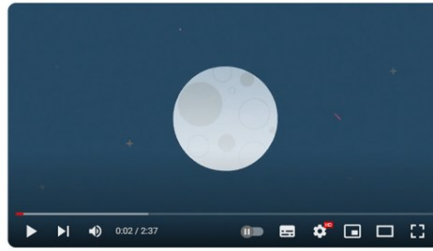
Exercise most days.

Eat a balanced diet.

Drink enough water.

Reduce technology.

Relax, mindful breathing.



<https://youtu.be/oGP1H3eu14w>

## OTHER WAYS WE CAN HELP OURSELVES

[Hull and East Riding SEND sleep service \(Hull\) - Kids](#)

[Home - Teen Sleep Hub](#)

[Sleep problems - Every Mind Matters - NHS \(www.nhs.uk\)](#)



### 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



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](http://humberisphn.nhs.uk)

