

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](#)

VAPING

NHS England report that almost 1 in 10 Secondary School Pupils Vape.

Vaping was introduced to help People stop smoking cigarettes.



Most vapes contain nicotine, which can be addictive from the first time a person uses one.

Vapes haven't been around long enough for scientists to be able to study the long-term effects of vaping.

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.

Approximately **1.3** million disposable vapes are thrown away every week in the UK: enough to cover **22 football pitches**.



These chemicals can cause harm to humans, animals and the environment.

Dangers

Nicotine withdrawal symptoms

- continue to vape even though you want to quit
- anxious or irritable when you want to use your vape but can't
- thoughts about vaping interrupt you when you are focused on other activities
- tried to quit vaping but couldn't



Side-effects

- strong cravings to smoke or vape.
 - Feeling irritable or low in mood.
 - Trouble concentrating.
 - Feeling hungrier than usual
- difficulty sleeping.

Vaping can worsen asthma symptoms and even trigger asthma attacks. The chemicals in e-cigarettes can irritate the airways, leading to inflammation, increased mucus production, and reduced lung function. Secondhand exposure to vaping aerosols can also exacerbate asthma in susceptible individuals, especially children and adolescents.

Asthma Trigger:

- Some individuals with asthma report that vaping, or even being exposed to second-hand vapor, triggers their asthma symptoms.

Airway Irritation:

- Vaping can irritate the airways, making asthma attacks more likely.

For Further Information please look at the links below:

<https://www.talktofrank.com/drug/vapes>

[Nicotine pouches - ASH Scotland](#)

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

