



...BUT NOT EVERYONE FEELS LIKE THAT

# YOUR WELLBEING

- RESEARCH SHOWS THAT UP TO 20% OF PEOPLE ARE STRUGGLING WITH THEIR WELLBEING DUE TO THE IMPACT OF THE CORONAVIRUS PANDEMIC.
- THAT MEANS ONE IN FIVE PEOPLE (CHILDREN AND ADULTS) ARE NOT FEELING AS HAPPY AND CONTENT AS THEY HAVE PREVIOUSLY BEEN.



# I'M FINE



Sometimes we  
say we're fine  
when we're not.

With 1 in 4 of us experiencing a  
mental health problem each year,  
if your mate says they're fine,  
they might not be.

To really find out,  
**#AskTwice.**

**time to change**

let's end mental health discrimination

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Social Care



- IT'S IMPORTANT TO UNDERSTAND THAT IT IS OK NOT TO FEEL OK.
- WHAT IS ALSO IMPORTANT IS TO LOOK AROUND YOU AND RECOGNISE THOSE WHO MIGHT NEED SOME SUPPORT.
- SOMETIMES JUST ONE CARING, TRUSTING RELATIONSHIP CAN MAKE A DIFFERENCE. BE THERE FOR YOUR FRIENDS, ASK IF THEY ARE OK, LISTEN TO THEIR RESPONSE.
- TALKING HELPS.

# FURTHER HELP

- TALK TO SOMEONE YOU TRUST AT HOME OR AT SCHOOL
- TRY SOME SELF HELP TECHNIQUES; WHAT WORKS FOR ONE PERSON MIGHT NOT WORK FOR ANOTHER, THERE ARE 94 SELF HELP TECHNIQUES IF YOU FOLLOW THIS LINK: [HTTPS://WWW.ANNAFREUD.ORG/ON-MY-MIND/SELF-CARE/](https://www.annafreud.org/on-my-mind/self-care/)
- [HTTPS://WWW.HEALTHFORTEENS.CO.UK/](https://www.healthforteens.co.uk/) HEALTHY TOGETHER'S HEALTH FOR TEENS WEBSITE FEATURES BITE-SIZED INFORMATION ON A COMPREHENSIVE RANGE OF PHYSICAL AND EMOTIONAL HEALTH TOPICS FOR TEENAGERS (11-19), INCLUDING HEALTHY EATING, BODY IMAGE, MANAGING STRESS, ADVICE ON RELATIONSHIPS, PUBERTY, SEXUALITY AND MUCH MORE. THE WEBSITE IS PRIMARILY A HEALTH PROMOTION WEBSITE HOWEVER LINKS ARE PROVIDED TO FURTHER INFORMATION AND OTHER SERVICES IF NEEDED.
- TEXT A SCHOOL NURSE FOR CONFIDENTIAL ADVICE AND SUPPORT – CHATHEALTH IS A TEXT MESSAGING SERVICE FOR YOUNG PEOPLE (11-19) LOOKING FOR CONFIDENTIAL ADVICE AND SUPPORT FROM THEIR PUBLIC HEALTH NURSE (SCHOOL NURSE). THE CONTACT NUMBER IS **07520 615 387** AND YOUNG PEOPLE WILL RECEIVE A RESPONSE WITHIN 24-HOURS (9AM TO 5PM MONDAY TO FRIDAY EXCL. BANK HOLIDAYS).



**Text a public health nurse** (school nurse) for confidential advice and support:

 **07520 615387**

This is not an emergency service.  
For urgent medical attention, please contact your GP or call 111 or 999.



**Find your local service and start a chat**  
**[chathealth.nhs.uk](https://chathealth.nhs.uk)**

