



Managing Your Wellbeing

YOUNGMINDS

The most important message we can share is talking to someone you trust if you're struggling. You don't have to go through this alone - and there is no shame in accepting help. Let someone support you. Things can get better.

Online Wellbeing



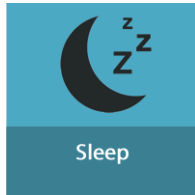
Resilience



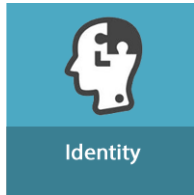
Looking After Yourself



Looking after your Mental Health



Sleep



Identity



Click here to visit our vast range of resources covering areas of emotional and physical health.

Ideas for self care

SELF-CARE

[Strategies young people](#) use to look after their mental health (Anna Freud)

Support in Bristol

<p>School nurse team (North Bristol): 0300 1245816 (referrals can also be made by Ms Hains)</p>	<p>Mental health 24/7 response line: 0300 3031320</p>
<p>Off the Record One to one therapy Resilience lab Nature works Book club hARMED (self harm) Freedom (Gender & sexuality) Project Zazi (Inequality / discrimination) All OTR projects</p> 	<p>Creative Youth Network Wellbeing support Online help One to one support</p> 

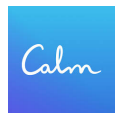
Immediate crisis support

<p>Whatever you're going through, call Samaritans free on 116 123</p>	<p>Papyrus: a national charity for the prevention of young suicide</p>	<p>YoungMinds Crisis Messenger (free, 24/7 support)</p>
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Worried about COVID19



Apps



NHS Apps Library



There are plenty of free apps you can access to manage your well being. [Listen](#) to a series of NHS audio guides privately, in your own time to boost your mood

Online support



Other support



Support for parents



YOUNGMINDS



Remember, if you are worried that you or someone you know is at risk, please come directly to Miss Haine or Mr Tiplady to talk through your concerns. We will always listen.