

# Stay Well Over Summer



How we feel can change from day to day depending on what is going on in our lives. This is completely normal, and can be influenced by a range of things both inside and outside of our control.

We're all different, so what affects your wellbeing may not be the same for somebody else. But some common things are:

- Difficult or stressful life events
- How you get on with those around you
- The care and support you get at home and school
- Your physical health – how much sleep you get, what you eat and drink
- Being able to recognise and communicate your emotions.



You may experience difficulties in one or more of these areas, or even experience problems not listed here. That's okay. Everyone is different. Some ideas for how to look after your wellbeing can include:

- Connecting with others – we can help support each other and share our experiences and all come away feeling better for it
- Asking for help if you need it
- Getting creative! Draw, paint, take some photos – whatever you enjoy creating
- Trying to learn something new like baking, cooking, pop into one of our local libraries!
- Keeping active if you can with walking, swimming and sports helping us keep well
- Getting good sleep, and enough of it, can help us have more energy, feel more positive, and feel less stressed

If over the summer holidays you start to struggle with how you are feeling it might be a bit scary, so we are here to remind you that you are not alone and there are people you can speak to. Here are some places you can contact over the summer holidays if you feel you need to speak to someone:

**Kooth:** This is an online counselling service that you can access through a mobile, tablet or desktop and is completely free. Kooth operate from 9am to 10pm Monday to Friday and 6pm - 10pm weekends. Go on the website if you would like some support from Kooth: [www.kooth.com](http://www.kooth.com)

**The "Shout" service:** Shout is a text messaging service for times when people feel they need immediate support. Shout is available 24 hours a day, 7 days a week. If you want to contact Shout, just text Shout to 85258 (the text messages are free)

**Crisis Support:** There is a 24 hours a day, 7 days a week phone number you can ring if you feel overwhelmed, at breaking point and need some urgent help. The Alder Hey Crisis Care Team can be contacted by ringing 0151 293 3577 (or free phone on 0808 196 3550)

**ChatHealth:** This is a way to send a message (you can be anonymous and not say who you are) to the school nurse to get confidential help and advice about a range of health concerns, including emotional health, sexual health, relationships, alcohol, drugs and bullying. Text 07312 263 291 to start the conversation. This is available Monday to Friday (excluding bank holidays) from 9am to 4.30pm. You will receive an automated reply straight away but the nurse will reply within a day.



**We hope you have a lovely and relaxing summer and look forward to welcoming you back next term!**