



MAKE TIME FOR YOUR MENTAL HEALTH THIS SUMMER!

We know that Results Day and the Summer break can at times present challenges for our mental health. Please find in this leaflet a selection of support services, apps and activities that we recommend to help positively support your emotional wellbeing.



SUPPORT SERVICES:

Talking about your feelings and sharing your thoughts with others can be a really positive step towards accessing support and improving your mental health. Over the page are some support numbers and websites you can access now or in the future.

Happy? Ok? Sad?



Warrington emotional wellbeing signposting website with advice, guidance and links to support for you both locally and nationally: <http://happyoksad.org.uk>

NHS Support and CAMHS:



Anyone living in Warrington who is experiencing a mental health crisis can now access mental health support via a new 24/7 dedicated mental health crisis line: **01925 275 309**. This crisis line is available 24/7 for all ages and is operated by people in your local area who will be able to best support your needs. Support can also be found by visiting the CAMHS website if you are struggling to cope with your feelings or you are concerned about risk.

<https://www.nwbh.nhs.uk/camhs-warrington>

Young Minds



Mental health advice and support can be found on this website. There is also a crisis messenger service for you to access 24/7 if needed: <https://youngminds.org.uk>
24/7 Crisis Messenger Service: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

Kooth.com



Free, confidential online counselling support, peer support and advice forums for young people.

<https://www.kooth.com/>

ChildLine



24 Hour advice and support line for young people.

<https://www.childline.org.uk/>

PAPYRUS – Prevention of Young Suicide Charity



PAPYRUS' HOPELineUK is for young people who are having thoughts of suicide and anyone who is worried about a young person who may be at risk of suicide.

<https://papyrus-uk.org/>

'Give us a Shout' – Advice Line



[Shout](#) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can: text **SHOUT to 85258** in the UK to contact a trained Crisis Volunteer and text with someone who is trained to support your needs.

<https://www.crisistextline.uk/>

The Mix



[The Mix](#) provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

You can: call **0808 808 4994** for free – lines are open from 11am to 11pm every day.

<https://www.themix.org.uk/?>

[gclid=EAIaIaQobChMIkcvrgYPM6AlVhrTtCh3R6AWFEAYASAAEgKtbfd_BwE](https://www.themix.org.uk/?gclid=EAIaIaQobChMIkcvrgYPM6AlVhrTtCh3R6AWFEAYASAAEgKtbfd_BwE)

SELF-CARE AND MINDFULNESS

SELF-CARE is... MAKING YOUR MENTAL HEALTH A PRIORITY. Self-care in times of change or stress is particularly important. This is the time we often neglect ourselves when actually it's the time we need to make sure we are looking to activities and hobbies to make us feel calm and reassured.

Here are some self-care ideas; but remember, everyone's idea of self-care is different – make time for what you enjoy to boost your wellbeing!



CALM ZONE

There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this page

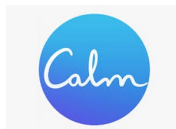
- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Play games
- Ways to cope videos



Childline.org.uk



Headspace and Calm apps offer free starter packs to help you with your mindfulness practice.



Remember, we are always here in school to help and support you. Please contact sixthform@lymmhigh.org.uk, Student Services or 'TELL US' if you would like any further guidance to support your wellbeing.