



SSYP Newsletter – Edition 2

Welcome All,

In the second addition of our newsletter we are focussing on Mental Health.

Mental health affects 1 in 4 of us we want to provide support to people who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood.

Living with a mental health problem can often have an impact on day to day life, making things that others might not think about a bit more difficult.

We've put together these tips and guides to help you cope with everyday things like money, work, school and more.

Time to Talk Day - 4 February 2021

The [Time to Talk Day](#) campaign encourages everyone to break down barriers and help change attitudes, by talking about mental health.

Talking about mental health doesn't have to be difficult. Time to Change has free, downloadable [Time to Talk Day](#) resources.



Your Mood this winter

Do you find it more difficult to get out of bed during the winter mornings when the weather is miserable and the sky is darker? If so, you're not alone.

It is very common to feel a bit low during the winter period, which can make it more difficult to do the things we enjoy. The NHS have set up a handy online podcast service that includes a range of free to access and download videos and audio guides to help you manage your wellbeing this winter, including tips on:

- *Managing low mood
- *Anxiety control
- *Overcoming sleep problems
- *Controlling unhelpful thinking

Get online now to complete your own mood self-assessment and to get a personalised advice plan on what to do next to improve your mood and wellbeing.

Visit: <https://www.nhs.uk/Conditions/stress-anxiety-depression/>



Need urgent help with your mental health?

Live in **Halton, Knowsley, St Helens or Warrington?**
Call us on our new **Freephone number!** We can help.

 **0800 051 1508**

www.nwbh.nhs.uk/help-in-a-crisis

Keeping Well Indoors

We know it's tricky to get out and about as often as we'd like due to the pandemic, however there are small steps that you can take to make sure you are keeping yourself well when indoors.

Let the daylight in

During the daylight hours, make sure to keep your blinds/curtains open as much as possible. This reduces the production of the sleep hormone and make us more prepared for the

day.

Keep a routine

Aim to keep your daily routine as much as possible. If you are unable to leave the house to attend work or school then use phone calls and services like skype to connect with people. It is important that children and young people log in online to continue with their education, getting up at the normal time and getting dressed ready for their day ahead.

Get a good night's sleep

Getting a healthy amount of uninterrupted sleep is key, it's very tempting to go into hibernation in this cold weather, that doesn't mean you should snooze for longer.

Research has shown that sleeping too much can leave you feeling lethargic.

Do something enjoyable every day, having a hobby, or enjoyable activity is key to maintaining positive wellbeing especially when we are stuck indoors.

For more tips on maintaining a positive wellbeing, visit:

www.happyoksad.org.uk



Shout is the UK's first free, confidential, 24/7 text support service, a place to go if you're struggling to cope. Shout helps with a range of issues including anxiety, depression and suicidal thoughts, relationship problems, bullying or if you're feeling overwhelmed.

Lockdown is tough, with schools closing, a return to online learning, juggling work and home-schooling has brought us additional stress and worry, Shout have resources and support to help you find ways to cope.

You can text SHOUT to 85258 for free, any time to speak to a trained volunteer. They will listen and guide you to a calm and safe place.

Link: <https://giveusashout.org/>

Young Minds



Young Minds runs a [Parents' Helpline](#), which offers free, confidential advice and support to parents and carers concerned about the mental health of a child or young person (up to the age of 25). This support can be accessed by phone, webchat and email. The Young Minds site also provides mental health and wellbeing information to young people themselves.

Link: <https://youngminds.org.uk/>

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Kind Regards PC Suzi Williams

Youth Engagement Officer, Safer Schools Partnership,

