

Rosie's Summer Wellbeing Support

For some people Summer is tough. The lack of structure, fear of missing out and other triggers can make it an especially anxious time. For people that do not like change, the transition into a new year group can be overwhelming.

Find below a list of support agencies and self-care tips, that could help if you are feeling this way.



Kooth

Kooth offers free, confidential and anonymous online support and counselling for 11-23 year olds. Their team will be available to provide mental wellbeing support over the holiday period.



Hub of Hope

The Hub of Hope is a mental health support database, provided by national mental health charity, Chasing the Stigma, bringing local, national, peer, community, charity, private and NHS mental health support services together in one place.



Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder. Call 0808 801 0677 (for help in England) (9am-midnight during the week and 4pm-midnight on weekends and bank holidays). Email: help@beateatingdisorders.org.uk.



Crisis Tools

Crisis Tools helps you support young people in crisis. Short accessible video guides and text resources are available for free here.



Papyrus

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 3131 or text: 07860 039967 (9am-midnight, 365 days a year).



The Mix:

The Mix provides free, confidential support for young people under 25.

0808 808 4994 (3pm til midnight every day)



Samaritans

24/7 365 days a year – they'll help you and listen to how you're feeling. Call: 116 123 or email: jo@samaritans.org



Young Minds:

Young Minds provide a lot of tips on staying well over the Summer holiday period:



A long talk with friends?

Speaking to someone about your worries is a great way to feel less alone with what you're going through. But we know it's not always easy.

Instead, you could try writing a journal, to get some of your worries out of your head and onto paper. Or sometimes just doing something sociable - a kickabout in the park, a coffee with a friend - where you don't talk about anything deep at all can be just what you need.



Sweating it out on a run?

Getting active can be great for our mental health, but there's more than one way to do it.

Instead, you could try having a dance to your favourite tunes, going for a long walk, or even just shaking your limbs out on the spot. It's about getting out of your head and into your body.



A nice long soak in the bubble bath?

It's great to do something that feels good for your body, but not everybody likes the bath - or has one!

Instead, you could try gently stretching, putting on your comfiest pyjamas, or applying some moisturiser or body lotion - whatever works for you



Getting out into nature?

Changing our surroundings can be a great way to shake things up, but getting out into nature isn't always possible.

Instead, you could try cleaning your bedroom or living space, moving rooms, or even watching a nature show on TV. If we can't change our physical environment, sometimes a change of mental surroundings can help instead.