



Staying Safe @ Heber

During October we encourage our students to think about how they can look after their mental health

WE RECOMMEND THAT YOU USE THE CHAT HEALTH TEXT SERVICE:

If you are feeling mentally unwell you could consider these steps:

1. Tell someone you can trust such as a friend or family member.
2. If you find it hard to talk about your feelings face to face, you could tell your trusted friends about this via an online chat or you could consider joining a safe online support group.
3. Try relaxation techniques such as practising controlled breathing. You could try the free NHS relaxation app Chill Panda.
4. Give yourselves some time away from your phone, social media and technology when you are at home e.g. 30 to 60 minutes a day.
5. Exercise for at least 30 minutes a day. Don't worry if you are not particularly sporty, short walks are good ways of managing anxiety.
6. In school you can speak with your Form Tutor or any trusted adult.
7. Ask your parents or carers to take you to your GP if you require specialist support or medical help.
8. If you or a member of your household is experiencing a mental health crisis, ask for help: Samaritans: 116 123 ChildLine: 0800 1111
If you live in Cheshire West or Cheshire East there is a dedicated crisis line: 0300 303 39
If you live in Shropshire the dedicated phone line is: 0300 124 0365
If you live in Wrexham call 111 and select option 2 to speak to a member of the mental health team

STARTING TEAM
www.startingwell.org.uk

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

ChatHealth
www.startingwell.org.uk/chat-health

11 - 19 years old?
One text can make a difference...
07312 263260

We can discuss anything e.g.

Exam Stress Self Harm Physical Health Emotional Health LGBTQ+ Changing Schools
Family Worries Low Mood Growing Up Worries Diet and Exercise Healthy Relationships
College Life Anxiety Body Image / Body Confidence Social Media Bullying Vaccinations

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first.
Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules.
We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text.
Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages.
We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).
Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.