



A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

World Suicide Prevention Day

World Suicide Prevention Day takes place every year on the 10th September. The objective is to bring organisations and communities together to raise awareness of how we can create a world where fewer people die by suicide.

To support Suicide Prevention Day, we've put together some activities, information and resources for children and young people.



Support network and Stay Safe activities

It's important children and young people are aware of their support network and strategies for staying safe when they have periods of low mood or are struggling with their mental health. These activities can help identify coping strategies and organisations and individuals they can talk to when they need to - the details of support services below can be added to this.

[Activity one \(suitable for younger children and SEND\): hand drawing support network](#)

[Activity two: PAPYRUS Stay Safe plan](#)

Who to talk to if you need some help

If you're a child/young person and you have feelings about suicide or wanting to hurt yourself, it's really important to speak to a trusted adult. There are a number of services who can help, you can get their contact details here: compass-uk.org/cyp-services

📱 *Why not save some of these to your phone?*



Did you know...

Suicide is the biggest killer of young people - male and female - aged under 35 in the UK.

In 2018, over 6,500 people died of suicide in the UK - around 18 per day.

Useful links




Back to school resources

NHS Every Mind Matters - back to school resources for all: cutt.ly/nhs-back-to-school

For parent/carers - Young Minds - what to do if your child is anxious about school: cutt.ly/ym-school-anxiety

For children and young people - Young Minds - coping with anxiety about going back to school: youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/

Wellbeing activities for at home

-  Draw or paint a portrait of you and your friends or family.
-  Find a green space and go for a walk. Try and spot 5 things you don't normally see.
-  Try out some of these healthy recipes that use seasonal veg: nhs.uk/change4life/recipes/dinner#seasonal

Emotional and mental health resources

Resources for professionals, parents/carers and young people: camhs-resources.co.uk

NHS Every Mind Matters
nhs.uk/oneyou/every-mind-matters

Young Minds Coronavirus support:
cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com



Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing: get in touch using the details below for free, confidential advice.

Parents/carers

Service mainline: **03300 245 204**
Text Parentline: **07520 619 376**

Children/young people aged 11–19 years

Text ChatHealth: **07507 331 525**

Further links for children & young people around suicidal feelings

youngminds.org.uk/find-help/feelings-and-symptoms/suicidal-feelings

cutt.ly/childline-suicidal-feelings

nhs.uk/conditions/suicide/

helpguide.org/articles/depression/teenagers-guide-to-depression.htm

For SEND

Video for young people & young adults with learning disabilities about suicide prevention/staying safe:
youtu.be/6ZpjtVAgJns

COVID-19 family guidance

Information for Warwickshire families:
warwickshire.gov.uk/fis

Warwickshire FIS family newsletters:
<https://cutt.ly/FIS-newsletters>

Support accessing food:
cutt.ly/accessing-food-advice

Refuge Domestic Abuse Service Warwickshire:
Call **0800 408 1552**
cutt.ly/refuge-warwks

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

02476 641 799 between 8am and 8pm
0300 200 0011 outside these hours



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service



Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?