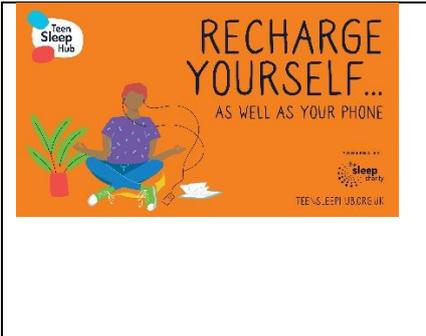
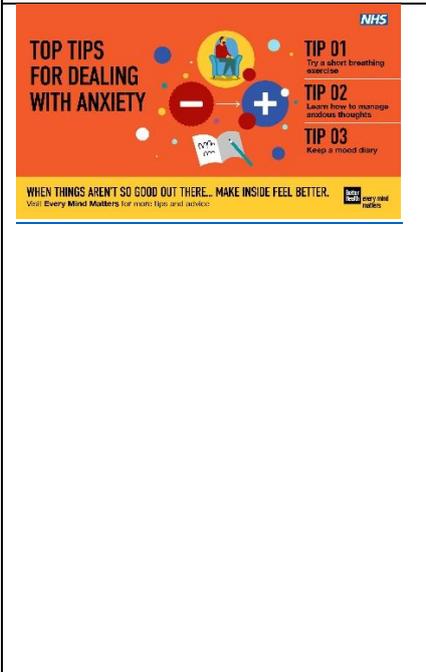
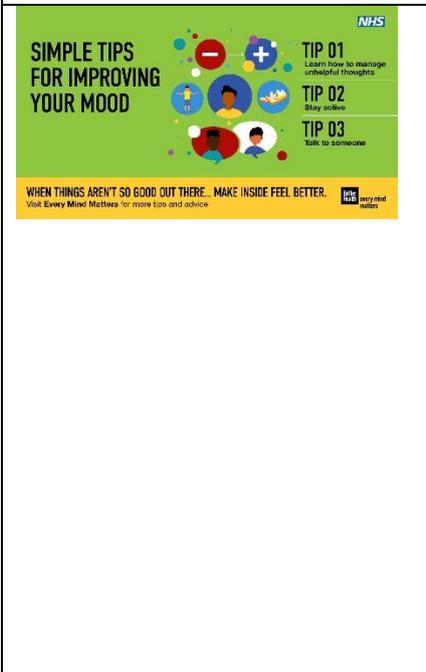


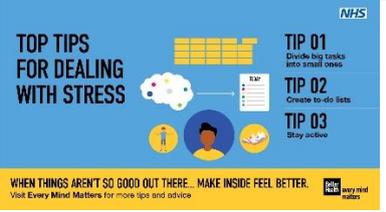
Autumn 2021

Back to School – Communications Toolkit

Mental Health

Image	Suggested message	Link to include
	<p>It's important to remember that support is available, no matter your age.</p> <p>@kooth_plc is a service for people aged between 11-18. It's an online counselling and emotional wellbeing service providing compassionate and effective support.</p>	<p>Kooth</p>
	<p>Anyone age 11-18 in North Yorkshire can use the @Compass_BUZZ confidential text service to message a wellbeing worker for support, signposting or advice around mental health and wellbeing.</p>	<p>Compass</p>
	<p>If your sleeping pattern has gone haywire over the holidays, try to get back into healthier habits.</p> <p>Gradually nudge your bedtime forwards to make sure you get enough sleep.</p>	<p>The Teen Sleep Hub</p>

	<p>You wouldn't let your phone's battery run out of charge, so don't do it to yourself.</p> <p>If you're a young adult that needs help with your sleep, visit @TheSleepCharity's Teen Sleep Hub.</p>	<p>The Teen Sleep Hub</p>
	<p>Breathing exercises, learning to challenge anxious thoughts and keeping track of mood changes are just a few simple ways to manage your anxiety.</p> <p>For more mental health tips, visit #EveryMindMatters.</p> <p>If you've been feeling more anxious than normal, #EveryMindMatters can help with simple tips and easy to follow advice.</p>	<p>Anxiety - Every Mind Matters</p>
	<p>Manage your down days by chatting to a friend, challenging unhelpful thoughts and staying active.</p> <p>For more mood-boosting ideas, visit #EveryMindMatters.</p> <p>Visit #EveryMindMatters for expert advice, mood-boosters and helpful suggestions for looking after your mental health.</p>	<p>Low Mood - Every Mind Matters</p>

	<p>Getting good sleep is really important for your mental wellbeing.</p> <p>Visit #EveryMindMatters for useful tips on improving your sleep.</p>	<p>Sleep Problems - Every Mind Matters</p>
	<p>Stressed out? Take a break, a deep breath and visit #EveryMindMatters for expert advice on managing your stress levels and your mental health.</p>	
	<p>We all feel stressed from time to time.</p> <p>For simple tips and advice to help manage your stress levels, visit #EveryMindMatters.</p>	

Vaccines

Image	Suggested message	Link to include
	<p>Students are at more risk of certain infectious diseases including mumps, COVID-19, meningococcal meningitis and septicaemia.</p> <p>Protect yourself, make sure you're up to date with your free vaccines.</p>	<p>NHS vaccines and when to have them</p>
	<p>Mixing with new people means students are at more risk of certain infectious diseases.</p> <p>Protect yourself, make sure you're up to date with your free vaccines.</p>	<p>NHS vaccines and when to have them</p>
	<p>If you're 16-17 years old, you're eligible for the COVID-19 vaccine.</p> <p>Find a local drop-in clinic on the NHS website.</p>	<p>Grab a jab</p>