



Young Person's Wellbeing Update

Spring term

SCHOOL NURSE

DROP-IN

Aged between 11 and 19? You can access confidential NHS advice about your health and emotional wellbeing.

To find out when your school drop-in is, speak to student support or take a look here

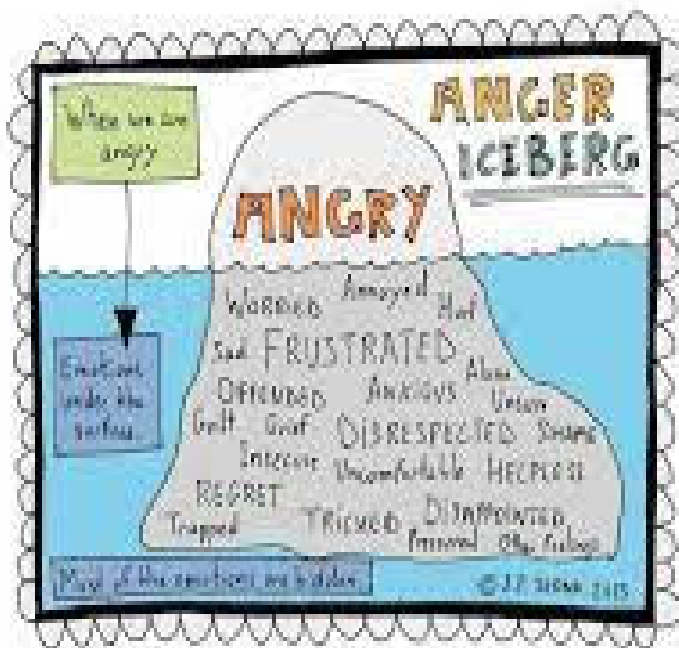
[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) | Humber ISPHN](#)

Anger Management



CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.

Anger

According to Childline it is healthy and natural to get angry sometimes. But what is important to remember is that there are ways to show it without hurting yourself or other people.

If you're struggling to control your behaviour, Childline has some useful advice that can help you, [click here](#) to learn more.

For more information, click the following links:

- [Why do I feel angry?](#)
- [Tips to stay calm](#)
- [Coping with stress](#)
- [Getting through a tough time](#)

A - Awareness

Notice when you are starting to feel out of control or starting to lose your temper.

B - Breathing

Do deep breaths until you start to feel more in control.

C - Counting

Count each breath.

D - Distance

If possible take yourself away from the situation you are feeling angry about.

E - Express Yourself

When you are calmer, come back and talk about what is making you angry.



[Anger Management for Kids \(and Adults\) - YouTube](#)

Angry? Have you thought about.....

- * Sleep
- * Screen time
- * Water intake
- * Balance diet
- * Exercise
- * Alcohol & Smoking



NUTRITION



EXERCISE



TOBACCO & ALCOHOL



STRESS MANAGEMENT



SLEEP



HEALTHY RELATIONSHIPS

Useful Links & Numbers

[Home - Thirteen](#) Thirteen Me

[YoungMinds | Mental Health Charity For Children And Young People | Young-Minds](#)

CAMHS Crisis 01482 301701—24/7

Text SHOUT to 85258—24/7

Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website



humberisphn.nhs.uk