



# Easter Holiday - Self Care 2023



Personally, I love this time of year. The clocks have gone forward, summer is on its way. However, for our Year 11s and Year 13s this time of year is all about their 'final push.' Making sure that they get the balance right between 'work and play' is essential. Having 'you time' is so important in anyone's structure and routine. Some like to exercise, others may prefer to bake, but ensuring that you are kind to yourself, and you give yourself those opportunities to have some down time will make your holiday period feel more purposeful and worthwhile. Please find below two links from 'youngminds' for parents and students dealing with exam stress.

[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

*Remember, no matter how you feel, there is always someone to talk too!*

There is *always* someone to talk to; use one of these free services to use if you feel low, lonely, or vulnerable. ¶

\*CHILDLINE--<https://www.childline.org.uk/>...0800-1111 open 24hrs/7 days a week ¶

\*SAMARITANS-<https://www.samaritans.org/>...116-123 open 24hrs/7 days a week ¶

\*NHS Mental Health Line 0800-0309-500 open 24hrs/7 days a week ¶

\*SHOUT---Text 85258 ¶

\*YoungMinds--text YM to 85258--27hrs/7 days a week <https://www.youngminds.org.uk/about-us/contact-us...>

**Anxiety**---what strategies do you use, listen to a music list, walk around the garden, read some of a book, have you made a Self-Soothe box---find out at <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/> or 0844-967-4848 open 27hrs/7 days a week.....or the ClearFear app ¶



**Suicidal**---Call 999 or go to A&E if you or someone is feeling suicidal ¶

Papyrus Hopeline UK 0800-068-4141 or text 07860-039967 or email [pat@papyurs-uk.org](mailto:pat@papyurs-uk.org) all open 9:00am-midnight everyday ¶

Download the StayAlive app from Google playstore ¶



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



#StayAlive

**Parent Support**---YoungMinds and WSCC ¶

West Sussex Safeguarding Hub: 01403-229900 Mon-Fri 9am-5pm and 0330-022-26664 5pm-9am and weekends ¶

For detailed advice, emotional support and signposting about a child up to the age of 25. Call free 0808-802-5544 from 9:30am--4pm, Mon--Fri <https://www.youngminds.org.uk/parents> ¶



**Self-harm**---what have you planned as your distraction techniques---go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the CalmHarm app ¶

