



## Mental Health and Wellbeing at Blessed Hugh Faringdon Catholic School

### Tips for the Summer

Lots of people look forward to the summer break but for others it can be a time of worry.

What do you do if you are feeling low or anxious, scared or worried during the break?

Talk to your parents or carers. Often, they can be really helpful and they can help you get other support if you need it.

See your GP. Your doctor can give advice and ideas about mental health difficulties.

**If you feel that you or someone you know is not safe, you can call the police on 101 or the NHS if you feel unwell on 111.**

**If it is an emergency or your or someone you know is in danger, call 999.**

If you need someone to talk to about your own wellbeing you can go to **Kooth**. They have a range of online services and advice that can help you including access to trained counsellors.

If you are worried about someone else or your own mental health and wellbeing, you can talk to **Childline on 0800 1111**. Their website also has lots of advice and tips.

Here are some handy links to some pages that might help during the holidays.

[Summer holidays | Childline](#)

[The Little Blue Book of Sunshine | Berkshire West Clinical Commissioning Group \(berkshirewestccg.nhs.uk\)](#)

[www.kooth.com](http://www.kooth.com)

[www.childline.org.uk](http://www.childline.org.uk)

