

## Autumn 2021

## **Back to School – Communications Toolkit**

## **Mental Health**

Image	Suggested message	Link to include
kooth.com	It's important to remember that support is available, no matter your age.  @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.	Kooth
Famility to baseling  Famility to baseling  Grand to the state of the	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.	Compass
NUDGE BEDTIME FORWARDS  Step  12  12  12  12  12  12  12  12  12  1	If your sleeping pattern has gone haywire over the holidays, try to get back into healthier habits.  Gradually nudge your bedtime forwards to make sure you get enough sleep.	The Teen Sleep Hub

RECHARGE YOURSELF AS WELL AS YOUR PHONE TEENS.EEPH USCREUK	You wouldn't let your phone's battery run out of charge, so don't do it to yourself.  If you're a young adult that needs help with your sleep, visit @TheSleepCharity's Teen Sleep Hub.	The Teen Sleep Hub
TOP TIPS FOR DEALING WITH ANXIETY  TIP 01 Tyr abort breathing TIP 02 Later them be insurance TIP 03 Resp a mood diary  WHEN THINGS AREN'T SO GOOD OUT THERE. MAKE INSIDE FEEL BETTER.  WHEN THINGS AREN'T SO From Type and acided  WHEN THINGS AREN'T SO From Type and acided	Breathing exercises, learning to challenge anxious thoughts and keeping track of mood changes are just a few simple ways to manage your anxiety.  For more mental health tips, visit #EveryMindMatters.	Anxiety - Every Mind Matters
	If you've been feeling more anxious than normal, #EveryMindMatters can help with simple tips and easy to follow advice.	
SIMPLE TIPS FOR IMPROVING YOUR MOOD  TIP 02 TIP 03 Talk to someone TIP 03 Talk to someone WHEN THINGS AREN'T SO BOOD DUT THERE. MAKE INSIDE FEEL BETTER.  WHEN THINGS AREN'T SO BOOD DUT THERE. MAKE INSIDE FEEL BETTER.	Manage your down days by chatting to a friend, challenging unhelpful thoughts and staying active.  For more mood-boosting ideas, visit #EveryMindMatters.	Low Mood - Every Mind Matters
	Visit #EveryMindMatters for expert advice, mood-boosters and helpful suggestions for looking after your mental health.	

SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP  WHEN THINGS ARENT SO DOOD OUT THERE MAKE INSIDE FEEL BETTER  WHEN THINGS ARENT SO FORD OUT THERE OUT THE THE THE THE THE THE THE THE THE TH	Getting good sleep is really important for your mental wellbeing.  Visit #EveryMindMatters for useful tips on improving your sleep.	Sleep Problems - Every Mind Matters
	Set yourself up to sleep better. Stick to a regular bedtime, try to switch off your phone and avoid clockwatching.  For more sleep tips visit, #EveryMindMatters.	
TOP TIPS FOR DEALING WITH STRESS  WHEN THINGS ARENTS O BOOD OUT THERE. MAKE INSIDE FEEL BETTER  WHEN THINGS ARENTS OF more signs and direlies.  WHEN THINGS ARENTS OF more signs and direlies.  WHEN THINGS ARENTS OF more signs and direlies.	Stressed out? Take a break, a deep breath and visit #EveryMindMatters for expert advice on managing your stress levels and your mental health.	Stress - Every Mind Matters
	We all feel stressed from time to time.  For simple tips and advice to help manage your stress levels, visit #EveryMindMatters.	

## **Vaccines**

Image	Suggested message	Link to include
Public Health England  Getting back together  More face to face means there is a higher tex of catching and passing on infectious discusses, and merchild high and passing on infectious discusses, and merchild high and passing on the company of the company of the company of the high growth of the company You should have held a single dose of MonthCMY vaccinerity or aim useds 20; They are front of all displice shadons.  Vaccines save lives. Vac NAS UK to find out www.his.hub.Conditions/vaccinerity min vaccinations and when to have-them	Students are at more risk of certain infectious diseases including mumps, COVID-19, meningococcal meningitis and septicaemia.  Protect yourself, make sure you're up to date with your free vaccines.	NHS vaccines and when to have them
Public Health England  Getting back together  Mixing with other students means you are more at risk of infectious diseases.  Make air you are up to other with your Meet, More/City's and CORVO's aucorea of virtual with your of the corver of	Mixing with new people means students are at more risk of certain infectious diseases.  Protect yourself, make sure you're up to date with your free vaccines.	NHS vaccines and when to have them
Reminder  Aged 16-17º Find a walk in centre and grab a Jab roday.  Already done Get mine now	If you're 16-17 years old, you're eligible for the COVID-19 vaccine.  Find a local drop-in clinic on the NHS website.	Grab a jab