London Borough of Hounslow

ChatHealth

NHS
Hounslow and Richmond Community Healthcare
NHS Trust

School Nursing Weekly Newsletter: Covid19 edition

If you are a young person aged between 11 and 19 years old and you are worried about any aspect of your health or if you are feeling stressed and worried about anything then you can now anonymously contact the School Nurses, ChatHealth team in Hounslow.

To get support all you need to do is send a text to 07507 333 176 and a member of the NHS school nursing team will get back to you within 24 hours from 9am to 4.30pm from Monday to Friday.

This week's health message;

⭐ Coping with Anxiety

Anxiety is a feeling of unease, worry or fear, that can range from mild to severe. Anxiety is a normal response to stress, when the stress has eased the anxiety usually subsides. If you feel anxiety regularly and it begins to affect your life then it becomes a problem. Speak to your school nurse or GP.

Symptoms of Anxiety:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- feeling tired and grumpy
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling
- feeling faint
- stomach cramps and/or diarrhoea/needing to pee more than usual
- sweating more than usual
- wobbly legs
- getting very hot

When is anxiety a mental health problem?

Anxiety can become a mental health problem if it impacts on your daily life. For example, if you experience the following:

- feelings of anxiety are very strong or last for a long time
- fears or worries are out of proportion to the situation
- avoiding situations that might cause you to feel anxious
- worries feel very distressing or are hard to control
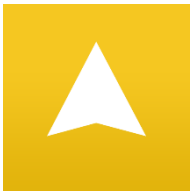- you find it hard to go about your everyday life or do things you enjoy.

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⭐ Find out more and visit;

- https://www.nhs.uk/apps-library/
- www.youngminds.org.uk
- www.familylives.org.uk
- https://www.mind.org.uk/

⭐ Try this at home;

Stress & Anxiety Companion - Breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.

My Possible Self: The Mental Health App – Helps you learn to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

Chill Panda - Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

ChatHealth

Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

https://www.nhs.uk/apps-library/chathealth/

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

⭐ Remember: You Can Cope with Anxiety