

# HEEADSSS

(Home, Education, Employment, Activity,  
Drugs/Alcohol, Sex and relationships, Self-  
Harm/Mood, Safety/Abuse)

Information for young people



Following the questionnaire, you have completed, we have highlighted some advice for you to go home with.

# Drugs and Alcohol

Substances go by many different names and forms which can be addictive and illegal.

These online resources can help you:

- [Humankind – For fair chances](http://humankindcharity.org.uk)  
(humankindcharity.org.uk)
- [Honest information about drugs | FRANK](http://talktofrank.com) (talktofrank.com)
- [NSPCC | The UK children's charity |](http://www.nspcc.org.uk)  
(www.nspcc.org.uk)



# Want to quit Smoking or Vaping?

You are not alone. You can self-refer for help:

York: 01904 553377  
Scarborough: 01609 797272  
[www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)



[City of York Council \(CYC\)Health Trainers | You're only a few steps away from meeting a CYC Health Trainer. –](http://www.york.gov.uk/form/CYCHHealthTrainers)  
CYC Council

([www.york.gov.uk/form/CYCHHealthTrainers](http://www.york.gov.uk/form/CYCHHealthTrainers))

# Relationships

A healthy relationship should not cause you to feel unsafe or scared. An abusive relationship can happen to anyone regardless of sexuality, age or race. An abusive relationship is not normal. You may be in an abusive relationship if your partner:

1. Uses guilt or blackmail with statements like “if you love me you would...”
2. Makes you believe they want to be with you all the time and asks you to not to see friends or family.
3. Pressures you into doing something you are uncomfortable doing, e.g. sending/sexting nude photos. It is illegal for anyone to share nudes you have sent them online. They can be taken down. Contact [ChildLine.org](https://www.childline.org) to find out more. Seeking help will not get you into trouble, it will help.

If you feel your relationship is abusive, **you** are not to **blame**.

# For more information on relationships

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



- Radicalisation and exploitation  
[www.safeguardingchildren.co.uk/be-aware-children-and-young-people](http://www.safeguardingchildren.co.uk/be-aware-children-and-young-people)

- Are you worried about online sexual abuse or the way someone has been communicating with you online?

[CEOP.police.uk](http://CEOP.police.uk)



Make a report to CEOP [www.ceop.police.uk/](http://www.ceop.police.uk/)

# Gender and Sexual Health

It is very normal to have questions about your body, sexuality, and gender, especially as you mature into adulthood. You may be unsure where or who to turn to. Below are some online resources to help provide you with the confidence to talk to a family member, friend, teacher or professional about these subjects.

LGB&T Youth - Yorkshire MESMAC- [LGB&T Youth - Yorkshire MESMAC](http://www.mesmac.co.uk/resources) ([www.mesmac.co.uk/resources](http://www.mesmac.co.uk/resources))

NSPCC.org.uk [Gender identity | NSPCC](#) 

Runaway helpline.org call or text 116 0000  
[Homepage - Runaway Helpline](http://www.runawayhelpline.org.uk)  
([www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk))



# Consent

- Consent means saying yes without feeling pressured or scared.
- Saying yes once doesn't mean yes for the same thing in the future. It is yes for that one time. Consent applies to anything sexual, not just full sex.
- Consent applies to many relationship behaviours including sexual and non-sexual things like hugs.
- You can withdraw your consent at any time – you can change your mind. [www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships](http://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships)



## **YORSEXUAL:**

Free and confidential services for young people in North Yorkshire and York

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

STI & HIV tests/treatments

Free Contraception & condoms

Advice & Information

# Are you being bullied?

You are not alone.

- Learn how to tackle bullying.
- Speak to a trusted adult, i.e family member, friend, teacher or professional.
- Sign up for free assertiveness ZAP workshops.  
[www.kidscape.org.uk/training-and-workshops/zap-workshops-for-young-people-impacted-by-bullying](http://www.kidscape.org.uk/training-and-workshops/zap-workshops-for-young-people-impacted-by-bullying)

Visit:

Help With Bullying ([kidscape.org.uk](http://kidscape.org.uk))

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



CEOP Education ([thinkuknow.co.uk](http://thinkuknow.co.uk))

# Sleep

An average teenager needs nine to 11 hours sleep daily.

## Top tips for sleeping:

- Try not to nap after 3pm.
- Avoid stimulants after 3pm (tea, coffee, alcohol and fizzy drinks).
- Sleep in a dark room.
- Relax; take a hot bath, read or use apps like HeadSpace and Calm (this enables your body to produce a sleep hormone called melatonin).

Teens & Young People - [Teen Sleep Hub](https://teensleephub.org.uk/teens-young-people/)  
(<https://teensleephub.org.uk/teens-young-people/>)



The Sleep Charity - [The Sleep Charity](https://thesleepcharity.org.uk)  
(<https://thesleepcharity.org.uk>)



[Change Grow Live | Charity | We can help you change your life](http://www.changegrowlive.org) ([www.changegrowlive.org](http://www.changegrowlive.org))

## General health advice



### Healthier Together

Improving the health and wellbeing of babies, children  
and young people in Humber and North Yorkshire

Home - ([www.hnyhealthiertogether.nhs.uk](http://www.hnyhealthiertogether.nhs.uk))



# Mental Health Advice

## Daily Support

Below are some useful resources to provide self-help guidance on various mental health topics, sleep and low mood.

**Papyrus** provides advice and support for young people who feel like they want to take their own life. Their helpline is **Hopeline**: 0800 068 41 41

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](https://www.papyrus-uk.org) (papyrus-uk.org)

**The Go-To** [The Go-To - Emotional wellbeing and mental health](https://www.thegoto.org.uk) (thegoto.org.uk)

**Young minds** [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk)  
(www.youngminds.org.uk)



**YorkMind** [York Mind - Home](https://www.yorkmind.org.uk)  
(www.yorkmind.org.uk)

### APPS:

(There may be some additional costs with these)

**Calm** (meditation, relaxing sounds, sleep)



**Headspace** (meditation, breath-work, stories)



**Calm Harm** (resources to support self-harm)

# Mental Health Advice

## Urgent

Always try to talk to someone about how you are feeling.

The Mix- online consultation [Get Support - The Mix](https://www.themix.org.uk)  
([www.themix.org.uk](https://www.themix.org.uk))



Childline Call free- Childline | Childline  
0800 11 11 for one-to-one counselling  
available 9am-10:30pm.



Compass Phoenix (previously Buzz)-  
07520631168 Text message support service  
available 9-5pm Mon-Thurs, Friday 9-4:30,  
reply within 24 hours.



[Compass | UK Charity Providing Health & Wellbeing Services](https://compass-uk.org) ([compass-uk.org](https://compass-uk.org))

[Shout](https://www.giveusashout.org) ([www.giveusashout.org](https://www.giveusashout.org)) it is free, confidential and offers text support. Text 85258



Websites checked August 2024

# Emergency crisis

If you are in immediate danger and need urgent help call  
or visit an  
Emergency Department at the nearest hospital  
Or  
Call for free these helplines available 24/7:

**CAMHS CRISIS:** 08000516171 to speak to a  
mental health specialist.



**HOPELINEUK Hopeline:** 0800 068 41 41 to speak to a  
mental health specialist or text 07860039967

**Childline** 0800 11 11



**Samaritans:** 08457 90 90 90 or 116 123

HEEADSSS leaflet online:



# **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:  
[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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