

GET Connected, GET Help

Giving you the connections you need



healthy
body

+



healthy
mind

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happy
life

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Personal Wellbeing

Apps to manage your health

From comparing supermarket ingredients to easing your stress and anxiety, the apps featured in the new NHS digital apps library can support your health and wellbeing. Further information can be found on the NHS website- www.nhs.uk/LiveWell



Top tips for a healthy lifestyle

Base your meals on starchy carbohydrates

Eat more fish – including a portion of oily fish

Cut down on saturated fat and sugar

Eat less salt – no more than 6g a day for adults

Get active and be a healthy weight

Don't get thirsty

Don't skip breakfast

Eat lots of fruit and veg- 7 portions a day

Get 60 minutes of exercise a day

Guidelines for 16-18 year olds

To maintain a basic level of health, young people aged 16 to 18 need to do:

- at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling, to vigorous activity, such as running and tennis
- on three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running

Many vigorous activities can help you build strong muscles and bones, including anything involving running and jumping, such as gymnastics, martial arts and football.

Guidelines for adults aged 19-64

To stay healthy, adults aged 19-64 should try to be active daily and should do:

- at least 150 minutes of moderate aerobic activity such as cycling or fast walking every week, **and**
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- 75 minutes of vigorous aerobic activity, such as running or a game of singles tennis every week, **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- A mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity, **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

A good rule is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

One way to do your recommended 150 minutes of weekly physical activity is to do 30 minutes on 5 days a week.

All adults should also break up long periods of sitting with light activity.



Mental Health

Tic+

TIC+ (Teens in Crisis) provides **face-to-face** and **online counselling** services across Gloucestershire for young people aged 9-21 and their families. At TIC+ we care. We're here to listen and support you – not to judge you. Our mission is to improve, preserve and promote good mental health and well-being among young people and their families.

Website-www.ticplus.org.uk

General enquiries email: admin@ticplus.org.uk

Mob: 07977 334433 **Tel:** 01594 372777



Essential support for under 25s

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing- from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.

Website- www.themix.org.uk

Phone Number- If you're under 25 and need help call our helpline for FREE on [0808 808 4994](tel:08088084994)

CAMHS

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

Website- <https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

Please go online to find the closest CAMHS centre to you.

Drug & Alcohol Abuse



CGL Gloucestershire is a free and confidential drug and alcohol service for adults (including offenders), families, carers and affected others. We provide information, support, advice and treatment options from three main hubs across the county - Cheltenham, Gloucester and Stroud. We also work from a range of other locations including pharmacies and community venues.

Based at:

Imperial Chambers, 41-43 Longsmith Street, Gloucester

Bramery House, Alstone Lane, Cheltenham

Bankfield House, 13 Wallbridge, Bath Road, Stroud

Telephone- 01452 223014

Email -Gloucestershire.Info@cgl.org.uk

Website- <https://www.changegrowlive.org/content/cgl-gloucestershire>



Friendly, confidential drugs advice

IF YOU'RE LOOKING FOR ADVICE, THIS IS A GOOD PLACE TO START.

Advice, guidance and support for anyone seeking to get help for drug abuse.

Telephone- 0300 123 6600

Website- www.talktofrank.com

Bereavement



Somewhere to turn when someone dies

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. We offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

Cruse offers face-to-face, telephone, email and website support. We have a Freephone national helpline and local services, and a website (**hopeagain.org.uk**) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.

Telephone- 0808 808 1677

Website- www.cruse.org.uk

Useful websites

<http://www.nhs.uk/Livewell/bereavement/Pages/young-people-bereavement.aspx>

www.themix.org.uk

www.ticplus.org.uk

www.winstonswish.org.uk

<http://www.macmillan.org.uk/information-and-support/coping/at-the-end-of-life/coping-with-bereavement>

Sexual Health & Pregnancy



Contraception and Sexual Health Clinics

Hope House Sexual Health Services provides sexual health care across the county. It is free and available to anyone who needs it.

You do not have to be referred by anyone. You can come to one of our walk in clinics or call our central booking line for an appointment.

Telephone- **0300 421 6500**.

More information on Sexual health can be found on-

<http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx>

Pregnancy Advice

The Pregnancy Advisory Service is based at Hope House in Gloucester Royal Hospital and offers support for women throughout the county who have become pregnant and are unsure of what to do.

We offer confidential, non-judgemental, non-directive support and operate on a first come first served basis. To attend one of our clinics you can be referred by any professional e.g. your doctor, health visitor, teacher, school nurse or you can refer yourself using an online document.

Pregnancy advisory phone number - 0300 421 6532

Website- <http://www.hopehouse.nhs.uk/pregnancy-advice/>

Homelessness



Gloucestershire Nightstop can be accessed on the very first day a young person finds themselves homeless and with nowhere to go. It is often the only emergency option available for young people in Gloucestershire, and prevents young people from sleeping rough or staying in unsuitable accommodation where they would be in danger or at risk of abuse.

High demand for housing in Gloucestershire means waiting lists for supported accommodation and council housing can be long, and young people with low needs are often at the back of the queue. Low incomes and a reluctance to rent to young people with no tenancy history means that private renting is rarely an option. Nightstop provides a safety net, providing time and space to find more settled options.

Gloucestershire Nightstop provides accommodation for young people who are:

- Aged 16 – 25
- Homeless or at risk
- Without dependent children
- Not under the influence of drugs or alcohol

Website- www.gloucestershirenightstop.org.uk

Telephone- 01452 331330

Email- admin@glosns.uk



OPENhouse enables young people and vulnerable individuals in the Stroud district and across Gloucestershire to discover their potential through building a community where they can live, relate, learn, work, get support and find their next step in life. This is achieved by providing housing, enhanced support, development and learning opportunities and links to volunteering and employment experiences. Through a strong community based model OPENhouse provides each individual with a tailor made, flexible programme that directly meets their specific needs.

Telephone- 01453 759400

Website- www.openhouse.me.uk



You can also find information on Council housing and benefit entitlement online www.gloucester.gov.uk/resident/housing

Financial Help

- Citizens Advice Bureau provides free online help on many issues, including debt, benefits, money, employment and consumer rights. For face-to-face advice search for a Citizens Advice Bureau near you.
- Financial Conduct Authority (FCA) regulates the financial services industry in the UK. If you use a financial adviser you can check the FCA register to make sure the firm you're dealing with is regulated. There's also information about financial products, possible scams and how you can protect your money on their website and through their consumer helpline (0800 111 6768).
- MoneySavingExpert.com is a useful source, especially for offering tips on saving money. It is free to use, although the site might get payment if you click through to some of the links offered.
- The Pensions Advisory Service gives free guidance on all pension matters. It also helps with problems, complaints or disputes you might have with your workplace or private pension arrangement. Its telephone helpline (0300 1231047) is staffed by pension specialists.

Free debt advice

The following organisations offer free, impartial support and advice to anyone in debt, worried about debt or facing bankruptcy.

- Christians Against Poverty
- Citizens Advice
- Citizens Advice Scotland
- StepChange Debt Charity
- Debt Advice Foundation
- National Debtline
- Debt Action NI

Free tax advice

- Low Incomes Tax Reform Group provides tax help for people on low incomes including students, pensioners and the disabled. They can't help people directly but can direct you to further help from their website.

Relationship and Sexual orientation Guidance

Things to remember about your sexuality:

- Only you can decide about your sexuality
- It takes different people different amounts of time to understand their sexuality
- 'coming out' can be a tough experience but it can often get easier as you start to tell more people
- There are lots of different types of sexuality
- Someone's sexuality may change over time- this is ok

childline

ONLINE, ON THE PHONE, ANYTIME

SEXUALITY

Some people know when they're very young who they fancy. For other people, it's not so simple. And it can take a while to work out.

People whose sexuality is something other than straight are often called LGB (short for lesbian, gay or bisexual) or LGBT' – the 'T' stands for transgender (a gender identity rather than an orientation). But there are many more different kinds of sexuality.

It might take some time to work out what your sexual orientation is. Remember there's no such thing as normal. And you don't have to feel pressured or rushed to give yourself a label.

Website- www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation

RELATIONSHIPS

Being in a relationship can be really exciting. Getting to know someone, hanging out and feeling happy just thinking about them. It can also be confusing. Read advice on what to do if you're worried about a relationship by visiting <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships>