



Help and Support for



Students over the Holidays

Remember it is important to look after yourself; eat well, exercise and sleep. Think about doing things that help you such as relaxation, listening to music and talking with friends. Try to avoid activities that have a negative effect on your emotional wellbeing.

If you, or someone you know is feeling desperate, help is always available. Please seek help if you or someone you know is struggling. If you're feeling lost, desperate or alone, please get in touch. There are many people/places/organisations that you can access for help and support.

You may feel able to talk to a parent, carer or other family member. You can talk to your family doctor (GP) or use a helpline.

You may wish to access support or advice from an external source such as those listed below:

National Organisations	
Papyrus Hopeline	☎ 0800 068 41 41 ① www.papyrus-uk.org ■ SMS 07786 209 697 ✉ pat@papyrus-uk.org
Childline	☎ 08001111 (24hrs) ① www.childline.org.uk
Young Minds	☎ Parents helpline 0808 802 5544 ① www.youngminds.org.uk
CALM	☎ 0800 58 58 58 ① www.thecalmzone.net
Harmless	① www.harmless.org.uk
Samaritans	☎ 116 123 (24hrs) ① www.samaritans.org

Oxfordshire Support	
MIND Café	Every Tuesday afternoon (2-4pm) Age 16 yrs + Meets in the downstairs room of the Old Mill Café, 7 West Street, Chipping Norton
OXME "Everything for young people in Oxfordshire"	① www.oxme.info Lots of useful information for young people.
CAMHS (Child and adolescent Mental Health Service)	Age 16 or 17yrs and live in Oxfordshire you can self-refer for help. ☎ 01865 901951 (Mon-Fri 9-5)
Advice and information for young people in Oxfordshire.	① www.oxfordhealth.nhs.uk/children-and-young-people



Water Safety



Rivers, lakes and waterways are wonderful, but can be risky places. During the winter, the water is cold, the currents are strong and floods can hide banks, or sweep you off your feet. During summer, unexpected shallows, mud and contaminated water can get you stuck, injured or ill. Cold shock is a risk all year round, whatever the weather.

Every year there are accidents. Young people are especially at risk, because they are more likely to enter the water and take risks. If you are having fun in or around a river:

- Stay out of water unless you know it is safe.
- Make sure you can get help and have access to safety equipment.
- Never enter the water alone
- Avoid alcohol and drugs as these make accidents more likely.



Sun Safety



Sunburn damages your skin and can lead to cancer, even when you're young. Take care now to protect yourself from the sun.

- Know your skin type. Dark, pale or somewhere in the middle!
- Use sunscreen, and use it properly! Choose the SPF you need and reapply often.
- Wear sunglasses. They look cool, and they protect your eyes.
- Cover up with long sleeves and a wide-brimmed hat.
- Try to avoid the sun from 11am-3pm. Seek shade to protect yourself.

If you get sunburn then follow this advice:

- Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.
- Sponge sore skin with cool water, then apply soothing after-sun or calamine lotion.
- Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

