

## Suggest Post

This week we're talking about children's wellbeing across Norfolk. Why not try out this daily activity challenge from @norfolkcc to help them feel better and look after their wellbeing.

Download our activity sheet today:

<http://nccfas.co/Gf2Tu>

#ChildrensMentalHealthWeek

## Image & extra info



It's here! The 'This is How #WeveGotThis' campaign for children and young people across Norfolk has launched. We're supporting this campaign and encouraging young people to join in on social media to share all the things that make them feel better during these difficult times.

So if you know a child or young person who might want to join the discussion, or just follow us for some amazing hints, tips and positivity then please encourage them to follow us on:

👉 Instagram: (@Thisishow\_Norfolk)

<http://nccfas.co/P35k7>

👉 TikTok (@Thisishow\_Norfolk)

<http://nccfas.co/iAQwH>

You can download our handy guide on how young people can support the campaign on our website:

<http://nccfas.co/Zlxee>



Keeping the kids busy is tough when you're stuck at home and they're missing their friends and hobbies, so we've pulled together some fun activities they can do.

They're all focused around the NHS 5 Ways to Wellbeing and should act as a good mood boosters. ⚙️

Check them out on our website:

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/norfolk-feel-good-fun>



Use 5 ways gif

If you need help or advice supporting your family's health and wellbeing.

Visit the @NorfolkCYP page to find out how you can talk, get support and advice to keep your family safe.

Call 0300 3000 123 or visit <https://www.justonenorfolk.nhs.uk/>



It's okay not to be okay, but remember you're not alone – you can talk to someone.

📞 Call Just One Norfolk on 0300 300 0123 or text SHOUT to 85258

💻 Or sign up for Kooth's free online counselling at [kooth.com](https://www.kooth.com)



If you've been struggling with your mental health, text the ChatHealth Norfolk helpline anonymously on 07480635060. You can talk to someone on this number from 9am-6pm on weekdays or 9am-1pm on Saturdays.



Children & Young People's Health Services

**NHS**

# ChatHealth Norfolk

CONFIDENTIAL SUPPORT

For Young People 11-19

Struggling to cope with anxiety and concerns about the current situation?  
Have some issues staying healthy and feeling good?  
Or just not feeling safe at the moment... We are here for you!

**TEXT: 07480 635 060**