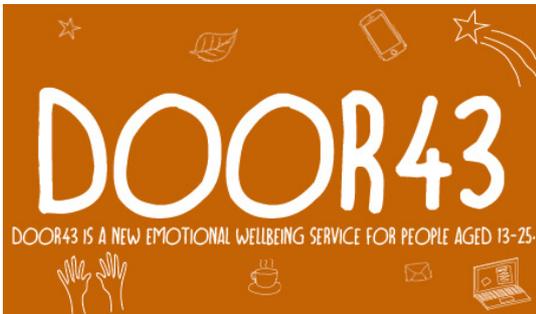


## Want to support your wellbeing over the summer?



Check out **Door 43** on Instagram. @door43\_

**Door 43** is a local Sheffield service that offers support to 13-25 year olds on a range of emotional wellbeing issues. The service provides information, advice and guidance to young people experiencing issues such as low mood, stress and anxiety, loneliness, difficulty accessing education or employment and low confidence.

**Door 43** are hosting lots of online activities that you can get involved in to support your wellbeing whilst school is closed for the summer or you can access 1:1 support from them too.

### Here is what they currently have on offer:

**Instagram / social media content** – While we are not able to see Young People face-to-face, we are increasing the amount of content that we are putting out on our social media channels (Instagram and Facebook). Every day, a different member of our team is putting out some posts and videos relating to a different aspect of wellbeing.

Recently, we have looked at breathing exercises, grounding techniques, fitness workouts and self-care.

We are also writing a weekly blog post on the Sheffield Futures website, which will go into particular issues in greater detail and provide some links to useful resources for YP to follow up. The link to the blog is <https://www.sheffieldfutures.org.uk/latest-news/>



**Wellbeing Café** – We have been running weekly live videos every Tuesday on our Instagram page @door43\_ where Young People can ask questions and we can share advice and information relating to emotional health and wellbeing, as well as a quiz.

We have also started a **film club** – young people can vote on which film they want to watch in their own time, and then we will have a discussion of the film and how people engaged with it. The details will go out on our Instagram page.



**Wellbeing Wednesday** – Our drop-in service for one-to-one support is still going ahead every Wednesday, from 11am – 4pm. This now operates remotely – young people can get in touch on 07815 698447, and once we've verified their identity, we will assign them to a practitioner for a 20-minute one-to-one chat. We have been conducting these over the phone, and we can also offer video calls and online text chat via Microsoft Teams.

If young people are new to service, we will just need them to register with the service first.

## There is also a help line to support Children and Young People's Emotional Wellbeing and Mental Health (for those aged 12-18 years)

Young people aged 12-18 living in Sheffield can now access support with issues such as low mood and anxious thoughts by calling **0808 275 8892** Monday to Sunday 9am-9pm.

The helpline is run by wellbeing practitioners who are part of the Door 43 wellbeing service at Sheffield Futures and Sheffield Community and Adolescent Mental Health (CAMHS) workers at Sheffield Children's Foundation Trust (NHS).

The team can speak to young people who might be struggling with challenges such as exam stress, relationship issues, bullying or feelings of loneliness and isolation.

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

**Childline** offer a 1-1 online chat on their website or via their 'For me' App. Childline is there to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are able to support you.

You can also call them on **0800 1111** from 9am-midnight.

**shout**  
for support in a crisis

If you're experiencing a personal crisis, are unable to cope and need support, text **Shout** to **85258** anytime.

If your life is in imminent danger, please call 999.

Shout can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges