

Feel well, stay well

Being healthy and happy in winter 2021



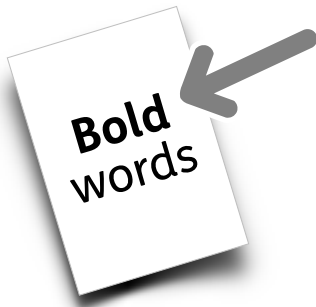
easy
read



SURREY
COUNTY COUNCIL

Contents

	Page
Introduction	4
Looking after your mental health	5
Helping a child or young person	10
Drinking less alcohol	12
Worrying about your body shape	13
Who to contact for help	14
Coronavirus advice	16
Staying warm over winter	20



In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to another website which has more information.

Introduction

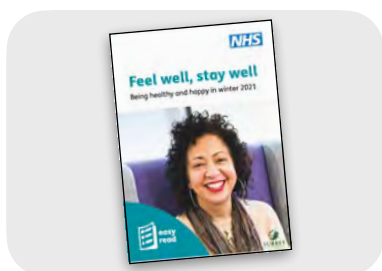


Surrey County Council wants people in Surrey to be healthy and happy during winter this year.



Being healthy is about looking after your **mental health** as well as your body.

Mental health is about how you are feeling in your mind.



This information will tell you where to get help with health problems, including mental health.

Looking after your mental health

We all feel bad sometimes. You might feel:



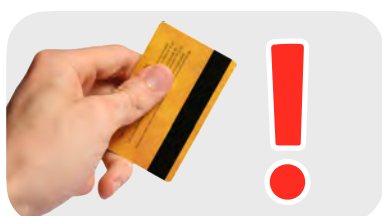
- sad.



- worried or scared.



- stressed.

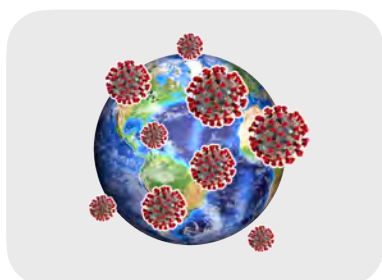


Someone might feel bad for lots of different reasons, including:

- problems with money.



- stress at work.



- problems caused by **coronavirus**.

Coronavirus is an illness that is spreading around the world. It can affect your lungs and breathing.



If you are feeling bad you should always get help.



Use this information to find out how you can get help.

I feel bad and want to help myself



There are things you can do yourself to help your mental health.



Go to the self-help section at:
www.healthysurrey.org.uk/mental-wellbeing



The website has lots of information and activities that can help your mental health, like:

- helping you create a plan about how to help your mental health.



- information on how to deal with stress.



- information on how to feel more positive.



- helping you find support groups.

I feel bad and need help from others

If we do not look after our mental health it can get worse. It is always okay to ask for help from others.



Surrey has lots of mental health services that could help you. These services can be:



- 1 to 1 sessions that happen in person.



- online.



- over the telephone.



- in groups with other people.

There are also services to help you with your mental health, including:



- therapy and counselling.



- courses and sessions on how to feel more positive.



- support groups.



To find therapy services in Surrey go to the 'It's good to talk' webpage on: www.healthysurrey.org.uk/mental-wellbeing



To find other mental health services in Surrey go to the 'Support for you' webpage on: www.healthysurrey.org.uk/mental-wellbeing

I feel extremely bad and need urgent help

If you or someone you know is having a mental health emergency and needs urgent help you can:

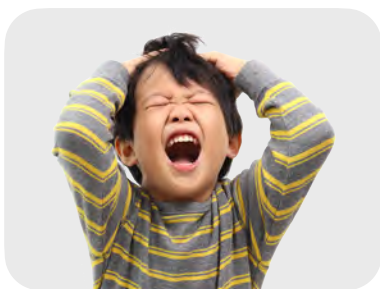
- call 0800 915 4644 and speak to someone who will help you.
- visit one of Surrey's **Safe Havens**.

Safe Havens are places in Surrey where you can go for mental health support at any time of the day.



To find out more information go to the 'Crisis' webpage on: www.healthysurrey.org.uk/mental-wellbeing

Helping a child or young person



Signs that your child might be having mental health problems include:

- changes in their normal behaviour.



- having problems with sleep.



- losing interest in activities.



- not looking after themselves - this is things like hurting themselves or not keeping clean.



If you want to help your child's mental health you can find advice and support at www.mindworks-surrey.org

What to do when your child is ill



Less serious illnesses can be helped with medicines you can buy at your local pharmacy.



Less serious illnesses are things like small coughs and colds.



If you need more advice or you think your child is getting more ill you can:

- talk to a pharmacist at your local pharmacy.



- call NHS 111.



- call the 'Surrey Children and Families 0-19 Advice Line' on 01883 340 922.



You can find more information at www.childrenshealthsurrey.nhs.uk

Drinking less alcohol

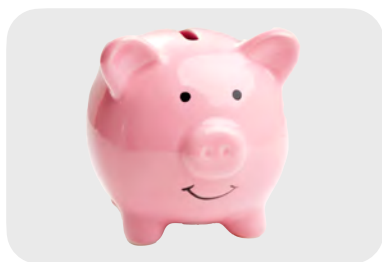


Drinking less alcohol can help with:

- staying healthy.



- being more active and losing weight.



- saving money.



- better mental health.



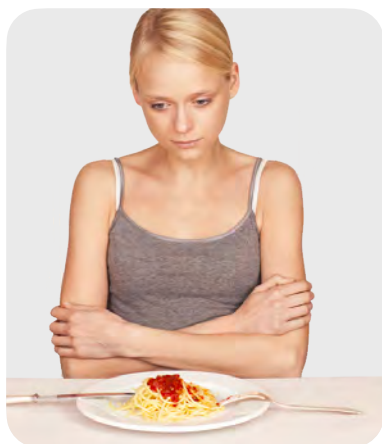
Drinking less alcohol is easier than you think if you have the right help.



For help and support search for 'drugs and alcohol' on:

www.healthysurrey.org.uk

Worrying about your body shape



Worrying about how your body looks can lead to **eating disorders**.

Eating disorders are mental health illnesses that make us eat differently. For example not eating enough, or eating too much at one time.



Eating disorders can be helped and stopped with the right support.



For help and support search 'eating disorders' on:

www.healthysurrey.org.uk

Who to contact for help



To get help in an emergency where somebody's life is at risk, call 999.



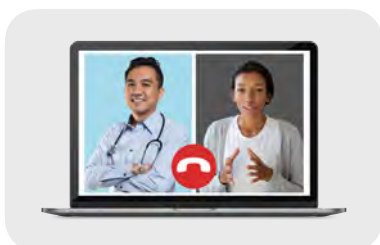
To get urgent health advice you can:

- call NHS 111.
- go to the NHS 111 website at www.111.nhs.uk

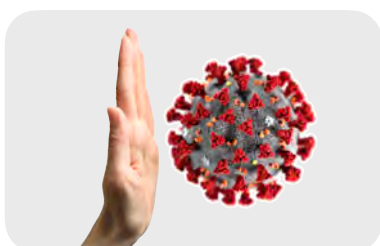
Getting help from your doctors surgery



If you need health advice but it is not urgent you can go to your doctor's surgery.



Your doctor's appointment may be over the telephone or a video chat.



This is to help keep everyone safe from coronavirus.



Your doctor's surgery will decide if you need to be seen in person when you call them.



To sign up to a doctor's surgery near you for free, you can:

- go to www.nhs.uk



- call NHS England on 0300 311 22 33

Coronavirus advice



Lots of people have had the coronavirus **vaccine**.

A **vaccine** is a jab or injection that helps to stop you being ill with a certain illness.



This does not mean coronavirus has gone away. We should all still try to stay safe.



Here are some things we can all do:

- Get the coronavirus vaccine.



- Wear a face mask around large crowds of people.



- Stay at home if we are not feeling well or we are told to.



- Wash our hands.



- Use the NHS coronavirus app on our mobile phones.



- Fill in the coronavirus questionnaire if we are asked to.

Coronavirus and flu vaccines



Both the flu and coronavirus can make you very poorly.



You should try to get both the flu and coronavirus vaccine to keep you safe.



To find out if you can get a free flu vaccine go to:

www.healthysurrey.org.uk/winter



To get a free coronavirus vaccine go to: www.nhs.uk/covidvaccine

Booster vaccine

The coronavirus **booster vaccine** is an extra jab you can get after your coronavirus vaccine.



It is being offered to people who are most at risk, like:

- adults living in care homes.



- adults who are 50 or older.



- people who work in health care or social care.



- people with health issues and their families.



Keeping healthy

Here are some ways to stay healthy in general:



- Get advice if you feel ill.



- Make sure you have enough medicines in your home.



- Make sure you go to your doctor's appointments.



- Check friends and family members are staying healthy.

Staying warm over winter



If you are struggling to keep your house warm over winter you may be able to get some help.



The Surrey Crisis Fund may be able to support you by helping you pay for your home's heating.



To find out if you can get this help you can:

- call 0345 600 9009
- go to www.surreycc.gov.uk/surreycrisisfund



You may also be able to get this help from the Government.

To find out if you can get this help you can call 0800 731 0160.



For more information on how to stay warm over winter go to www.healthysurrey.org.uk/winter

This Easy Read information has been produced by by easy-read-online.co.uk