

# YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice



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Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

## People

Safe relationships,  
Good people are you.

## Purpose

A purpose in life,  
A great education built for you.

## Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU

01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Trouble with sleep?



## All about trouble sleeping

It is very common for most people at certain times to struggle getting to sleep or staying asleep.

The amount of sleep we need is different for different people and can depend upon things such as age and activity levels.

If we don't get enough sleep or enough quality sleep this can have an effect on our daily lives.

Lack of sleep can make it harder to concentrate and make you feel less able to cope with things that happen daily.

There are many reasons that sleep can be affected.

- your diet (what you eat)
- difficulties at home
- struggling with feelings and emotions
- struggling at school
- being bullied or struggling with friendships
- nightmares
- bed wetting
- changes in your routine

What can I do to try and sleep better?

- try to come off technology 30 minutes before going to bed
- try to exercise regularly
- make sure you're comfortable and your room isn't too hot or cold
- try to relax before going to bed
- avoid caffeine and sugary drinks
- eat earlier so your body has time to digest the food

What If I still can't sleep?

Talk to someone who you trust, school staff or a family member or carer.

If you are worried about things then talking to someone can really help.

If you struggle with talking then you could write down your worries and give it to someone you trust.

People can then look at getting you some help and support.

What other support is there ?

Remember you are not alone. There is lots of support out there. You have not done anything wrong and deserve the support!



On Kooth you can

- Chat to our friendly counsellors
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Helpline, web chat, email support  
Text mermaids to 85258  
Lots of support and advice



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

Your Organisation  
Childline are here to talk to you  
24/7  
Chat online  
Call free