



**Response**

# **Handling summer**

**(without the hype)**





# Response

## *For when the sunshine doesn't fix everything.*

Summer's meant to be easy, right? Long days, warmer weather, and everyone pretending they're living their best lives.

But here's the thing, summer can also be tough.

Whether you're feeling isolated, under pressure to "make the most of it," or just finding everything a bit much, you're not alone.

Here are some simple ways to look after your mental health this summer. No pressure. No "five-step plan to happiness." Just things that might help.





# Response

## Keep a bit of structure (where you can)



In summer, usual routines can shift. Schools are out, workplaces are quiet, services are slower and it can knock us off balance.

Try to keep some steady points in your day: regular meals, a bit of fresh air, a familiar TV show. It doesn't need to be big to be grounding.

## You don't have to love the heat

Not everyone thrives in the sun. If hot days drain your energy or make you feel anxious, you're not weird - you're just human.

Find what works for you: blackout curtains, cool showers, shady spaces. And drink water (boring, but it helps).





# Response

## Resting doesn't make you lazy



It's okay to say no. You don't have to be at every BBQ or festival. If you're tired, stressed, or just not feeling it - that's reason enough.

Taking time out is a strength, not a weakness.

## Connect with others

Loneliness doesn't always look lonely. It can hit when you're around people too.

Send a message, call someone, speak to your support network and important people in your life.

You don't need a big reason to talk. You just need to know someone's there.





# Response

## Living situations can be hard



If home doesn't feel like a safe, calm, or happy place, then summer can be extra tough.

If you're in supported housing or staying somewhere temporary, things might feel different. Try to create little pockets of calm: headphones, a favourite playlist, a walk outside, or an activity that brings you joy.

You can talk to someone you trust if it's getting too much.

## You are not alone in this feeling

Summer doesn't fix everything. If anything, it can bring up all kinds of mixed feelings.

If you're struggling with your mental health, talk to someone. That might be a friend, support worker, health professional, family member, colleague, or somebody else you trust.





# Response

## *Need to talk to someone?*

Unfortunately, we can't offer 24/7 mental health support and services. If you are struggling with your mental or physical health, please contact your GP.

Or for urgent support, please visit NHS 111 online, or contact 999 for help.

Alternatively, you could use the 24/7 phone call, email, video call, and chat services listed below.

- *Call Samaritans at: **116123***
- *Text '**SHOUT**' to **85258** for free, confidential mental health text support 24/7.*
- *Call Oxfordshire Safe Haven (Open every day between 11.30-21.30) if you are 18 years old or over at: **01865 903 037***

Equally, if you are in one of Response's services, please talk to your support worker or a member of your team. We are here to listen.

## *It doesn't have to be the 'best summer ever'*

It's OK to just get through it.

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