



Children's Mental Health Week runs between 7-13 February 2022

At Healthy Together, we have created a wide range of digital resources to help you as a parent/carer support your child's emotional health and wellbeing.



Support your child in sharing their feelings

Play our Lanterns game together and watch as the worries noted down float calmly away, helping to accept feelings and let them go.



Explore Health for Kids where children can find out more about their health and feelings, as well as playing our fun and educational games too.



Grownups



Visit Health for Kids: Grownups where you as a parent/carer can find advice on supporting your child's emotional, mental and physical wellbeing.

Find out more about the new Mental Health Support Teams in Schools

Find out more about the support the team delivers to primary school children and which schools the team are currently working in.



Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents and carers of children aged 0-19, which enables you to get professional health advice and support.

Getting in touch

If you live in Leicester city, text your Public Health (School)

Nurse on:

07520 615 381

If you live in Leicestershire and Rutland, text your Public Health (School) Nurse on:

07520 615 382

or start a chat via the ChatHealth website

chathealth.nhs.uk

How does it work?

The service is available **9am to 5pm every weekday**, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, contact your GP, visit an NHS walk-in centre, use the online 111 service or call NHS 111. For emergencies, call 999.