



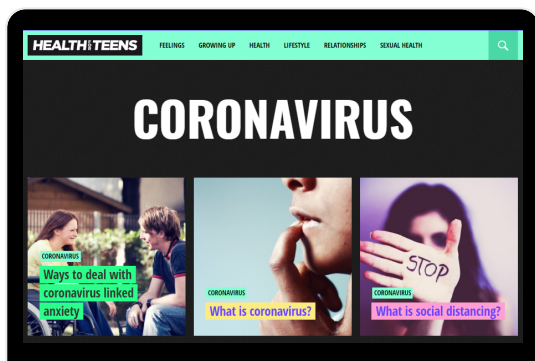
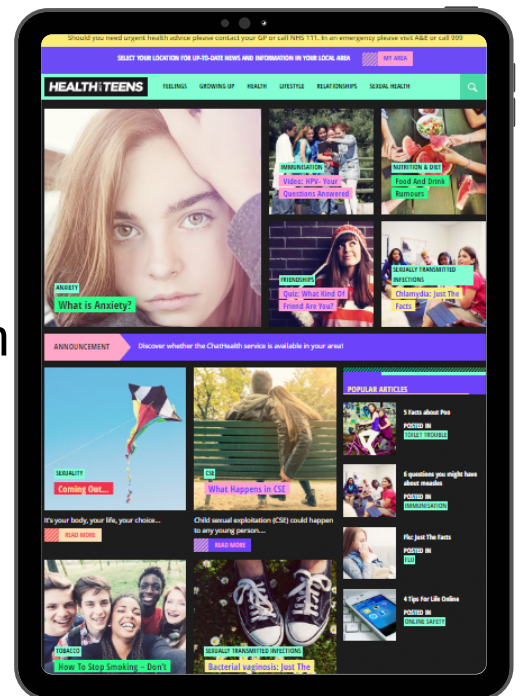
Children's Mental Health Week runs between 1-7 February 2021.

At Healthy Together, we have created a wide range of digital resources to help and support you care for your emotional and mental wellbeing.

HEALTH FOR TEENS

Visit Health for Teens where you can find content, quizzes, audio snippets, videos and more on lots of topics associated with mental health, including:

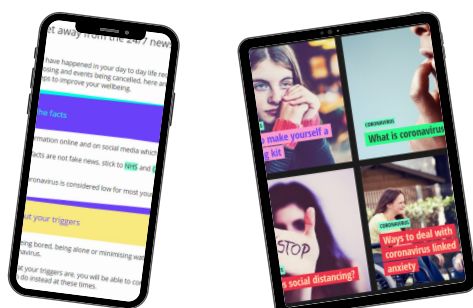
- Anxiety
- Low mood
- Resilience
- Exercise
- Relationships
- Growing up



Head to the **Coronavirus** section of **Health for Teens**

We have created a whole new section on Health for Teens with advice to help you at this time, including:

- Ways to deal with coronavirus linked anxiety
- Looking after your emotional health
- How to make yourself a calming kit





If you're aged 11 to 19 and live in Leicester, Leicestershire or Rutland, you have access to a dedicated, confidential and secure text messaging service called ChatHealth, 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 615 386

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

07520 615 387

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.