

 03300 245 204

 connectforhealth@compass-uk.org

 www.compass-uk.org

 **Connect
for Health**
Your school nursing service

 @c4hwarwickshire

 @schoolhealthc4h

 @compassc4h

Helpful information & useful websites and apps on health & wellbeing for young people.



Text messaging service

You can now text a school nurse from your mobile phone. ChatHealth, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice on all kinds of health issues, like sexual health, emotional health, bullying, healthy eating and any general health concerns. Look out for more information around school. You can still get in touch with the school nurse in the same way as you might have done before, if you prefer.

Text number: 07507 331 525

Apps available for download in smartphone app stores

Calm Harm - self-harm

MindShift - CBT based app for coping strategies

For Me - (Childline APP)

NHS App - Health Advice

Clear Fear - Anxiety

Headspace - Stress, anxiety, sleep & relaxation*

SAM App - self help for anxiety management

*charges may apply for full access

Sexual Health & Relationships

www.sexualhealthwarwickshire.nhs.uk

www.brook.org.uk

www.somethingsnotright.co.uk

Childline Tel: 0800 1111 www.childline.org.uk - Advice and support for young people around topics including bullying, abuse, safety, feelings, relationships & sex, puberty, you & your body, home & family, school, alcohol, drugs, smoking

Samaritans Tel: 116 123 www.samaritans.org whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

Family Lives - www.familylives.org.uk - Advice & support on a range of topics including sleep, behaviour, bullying, health & wellbeing, family & relationship issues

Health for teens - www.healthforteens.co.uk - Information for young people on topics including feelings, growing up, health, lifestyle, relationships, sexual health

The Mix - www.themix.org.uk (apps available) Advice & support for young people including, sex & relationships, your body, mental health, drugs/alcohol/smoking, housing/money/work& study, crime & safety, travel & lifestyle

Warwickshire Family Information Service - www.warwickshire.gov.uk/fis

Peer Support

www.nationalbullyinghelpline.co.uk

www.behealthy-peersupport.org.uk

Bereavement

www.childbereavement.org.uk

www.winstonswish.org

www.guysgift.co.uk

Emotional Health

<https://cwrise.com/> - local emotional health wellbeing support.

www.youngminds.org.uk - Bullying, anger, abuse, eating problems, self-harm, problems at school, sleep problems

www.rcpsych.ac.uk/healthadvice/parentsandouthinfo.aspx - drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

www.warwickshire.gov.uk/sorted Self-help books on lots of topics available from libraries

www.stem4.org.uk (app available) - teenage mental health - depression & anxiety, self harm, eating disorders, addiction

www.b-eat.co.uk - Eating disorders

www.rosasupport.org - Rape, sexual abuse, sexual violence

www.papyrus-uk.org - Suicide prevention 0800 068 4141

karmanirvana.org.uk - Honour based abuse and forced marriage

www.kooth.com online mental health support and counselling

www.rethink.org - Mental illness including Black, Asian and Minority Ethnic specific support

www.princes-trust.org.uk - Supporting young people into employment

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/student-mental-health-counselling> - Mental health support for students

www.barnados.org.uk/get-support/services/act-service - Barnados online mental health support for 10-19 year olds - Includes CBT, counselling, group therapy for school based avoidance

Staying safe online

<https://www.saferinternet.org.uk/>

Young Carers

www.warwickshireyoungcarers.org.uk

SEND Support

<https://www.kids.org.uk/sendiaass>

Connect for Health Body Image Video

<https://www.compass-uk.org/services/c4h/yr-9-body-image-video/>

Connect for Health Anxiety Video

<https://www.compass-uk.org/services/c4h/yr-9-stress-anxiety-video/>

Version 2

Lifestyle Behaviours

www.compass-uk.org/services/warwickshire-cypdas/

Drugs www.talktofrank.com

Solvents www.re-solv.org

www.solveitonline.co.uk

Alcohol www.nacoa.org.uk

www.alcoholconcern.org.uk

<https://www.nhs.uk/live-well/alcohol-advice/>

<https://www.drinkaware.co.uk/>

www.release.org.uk

www.talktofrank.com

<http://www.kfx.org.uk/>

Smoking teen.smokefree.gov

Diet, healthy eating and physical activity

www.nhs.uk/healthier-families/

www.fitterfutureswarwickshire.co.uk

NHS Choices www.nhs.uk

Severe Allergies/Anaphylaxis

www.anaphylaxis.org.uk/young-people

Asthma

www.asthma.org.uk

Juvenile Arthritis

<https://jia.org.uk/>

www.arthursplace.co.uk

Diabetes

www.diabetes.org.uk/guide-to-diabetes/teens

Epilepsy

www.epilepsy.org.uk/info/children-young-adults/young-people

Eczema

www.eczema.org

Cancer

www.macmillan.org.uk

www.teenagecancertrust.org

LGBTQIA+

www.lgbt.foundation

<http://www.warwickshirepride.co.uk/>



Please scan this QR code to access our feedback form. We would love to hear what you thought!