

## Warwickshire School Health & Wellbeing Service

Tel: 03300 245 204

Email: [warwickshireSH&WService@compass-uk.org](mailto:warwickshireSH&WService@compass-uk.org)

Helpful information & useful websites for Parents on health & wellbeing for Children & Young People



### Parent Line -Text messaging service

Parents/Carers can now text a school nurse from their mobile phone. ChatHealth, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice about general health, child development, behaviour, toileting and emotional health and wellbeing.

**Text number: 07520 619376**

### **Warwickshire Family Information Service** - [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

**Childline** – [www.childline.org.uk](http://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.

**NHS Choices** – [www.nhs.uk](http://www.nhs.uk)

### **Anaphylaxis/ Allergies**

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.allergyuk.org](http://www.allergyuk.org)

### **Asthma**

[www.asthma.org.uk](http://www.asthma.org.uk)

### **Bladder & Bowel, Bedwetting**

[www.eric.org.uk](http://www.eric.org.uk)

[www.bladderandboweluk.co.uk/children-young-people](http://www.bladderandboweluk.co.uk/children-young-people)

### **Cancer**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### **Children's Arthritis**

[www.childrensarthritis.org.uk](http://www.childrensarthritis.org.uk)

### **Diabetes**

[www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes](http://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes)

### **Epilepsy**

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

[www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

### **Eczema**

[www.eczema.org](http://www.eczema.org)

### **Diet, healthy eating, physical activity and exercise**

[www.greatgrubclub.com](http://www.greatgrubclub.com)

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

[www.fitterfutureswarwickshire.co.uk](http://www.fitterfutureswarwickshire.co.uk)

## **Behaviour Management**

[www.warwickshire.gov.uk/parentguides](http://www.warwickshire.gov.uk/parentguides)

[www.triplep-parenting.uk.net/uk-en/about-triple-p/positive-parenting-programme](http://www.triplep-parenting.uk.net/uk-en/about-triple-p/positive-parenting-programme)

## **Bereavement**

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.cruse.org.uk](http://www.cruse.org.uk)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

[www.guysgift.co.uk](http://www.guysgift.co.uk)

## **Peer Support**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

## **Accidents & Safety**

[www.rospa.com](http://www.rospa.com)

[www.capt.org.uk](http://www.capt.org.uk)

[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk) - personal safety, bullying, online safety

## **Emotional Health**

[www.youngminds.org.uk](http://www.youngminds.org.uk) - bullying, anger, death & loss, abuse, eating problems, self harm, problems at school, sleep problems

[www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx) – drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

[www.behealthy-peersupport.org.uk](http://www.behealthy-peersupport.org.uk) – peer support

[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted) - Self-help books on lots of topics available from libraries

[www.nshn.co.uk/whatis.html](http://www.nshn.co.uk/whatis.html) - self harm

[www.stem4.org.uk](http://www.stem4.org.uk) – teenage mental health - depression & anxiety, self harm, eating disorders, addiction

[www.b-eat.co.uk](http://www.b-eat.co.uk) - Eating disorders

## **Staying safe online**

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – sex & relationships, abuse and child exploitation, young people online, internet safety

## **Sleep**

[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

## **Puberty**

[www.nhs.uk/livewell/puberty](http://www.nhs.uk/livewell/puberty)

## **Drugs/Alcohol/Smoking**

[www.talktofrank.com](http://www.talktofrank.com)

## **Young Carers**

[www.warwickshireyoungcarers.org.uk](http://www.warwickshireyoungcarers.org.uk)