

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK 2021

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 you
as a parent/carer support your child's
emotional health and wellbeing.

Download the
Health for Kids

'Looking after yourself kit'.



This booklet
contains lots of
fun things to do
with your whole
family, including
advice and
activities on:

- Staying healthy
- Handling your emotions
- Saying goodbye to your worries
- Staying connected

Download the Health for Kids
'Looking after yourself' kit here:
bit.ly/lookafteryourselfkit

Health
for Kids!



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.

Health
for Kids!

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.



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

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.