



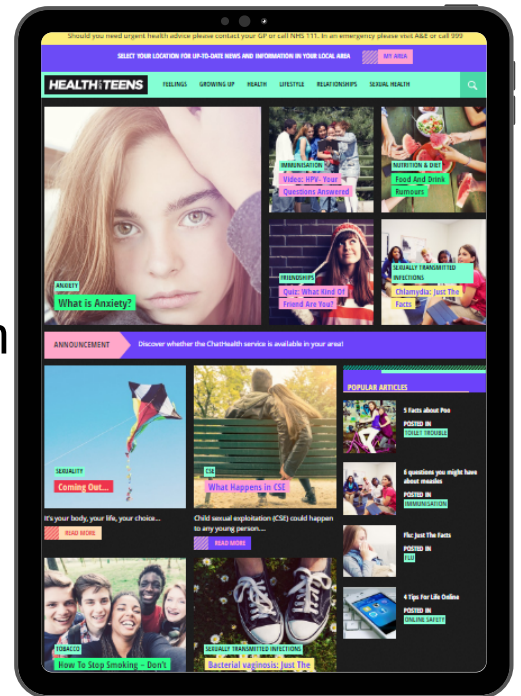
Children's Mental Health Week runs between 7- 13 February 2022

At Healthy Together, we have created a wide range of digital resources to help and support you with 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
- Exercise
- Low mood
- Relationships
- Resilience
- Growing up



Listen to young people talking about mental health

- What do you think depression is?
- Do you think lots of young people experience depression?
- How do you think young people can improve their mood?



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

Watch the brand new animation and find out which schools the team are currently working in.





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

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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**

or start a chat via the ChatHealth website

**[chathealth.nhs.uk](https://chathealth.nhs.uk)**

## How does it work?

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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.