

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](https://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.