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[connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)



[www.compass-uk.org](http://www.compass-uk.org)



Your school nursing service

 @c4hwarwickshire

 @schoolhealthc4h

 @compassc4h

## Helpful information & useful websites for parents/carers on health & wellbeing for children



### ParentLine - Text messaging service

Parents/carers can now text a school nurse from their mobile phone. ParentLine, 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) -

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

**Family Lives -** [www.familylives.org.uk](http://www.familylives.org.uk)

[www.safeline.org.uk](http://www.safeline.org.uk) - Affected by sexual abuse or rape 0808 800 5005, Text 07860 0275573

[www.papyrus-uk.org](http://www.papyrus-uk.org) - Suicide prevention 0800 068 4141

### 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)

<https://www.bbuk.org.uk/children-young-people/>

### Cancer

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

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

### Children's Arthritis

<https://www.ccaa.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.bda.uk.com/resource/fruit-and-vegetables-how-to-get-five-a-day](http://www.bda.uk.com/resource/fruit-and-vegetables-how-to-get-five-a-day)

[www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)

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

### Emotional Health

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx)  
[www.behealthy-peersupport.org.uk](http://www.behealthy-peersupport.org.uk)  
[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted)  
[www.nshn.co.uk/whatis.html](http://www.nshn.co.uk/whatis.html)  
[www.stem4.org.uk](http://www.stem4.org.uk)  
[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)  
[www.helpforparents.org.uk](http://www.helpforparents.org.uk)

### 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)

### Puberty

[www.childline.org.uk/info-advice/you-your-body/puberty/](http://www.childline.org.uk/info-advice/you-your-body/puberty/)

### Drugs/Alcohol/Smoking

[www.compass-uk.org/services/warwickshire-cypdas](http://www.compass-uk.org/services/warwickshire-cypdas)  
[www.talktofrank.com](http://www.talktofrank.com)

### Peer Support

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

### Staying safe online

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) -,  
[www.somethingsnotright.co.uk](http://www.somethingsnotright.co.uk)  
<https://nationalonlinesafety.com>

### 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)

### Sleep

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

### LGBTQIA+ -

[www.lgbt.foundation](http://www.lgbt.foundation)  
[www.warwickshirepride.co.uk/](http://www.warwickshirepride.co.uk/)

**Domestic Abuse and Violence** for support go to [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) - open 24hrs a day

### Young Carers

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

### Behaviour Management

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



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