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connectforhealth@compass-uk.org



www.compass-uk.org



Your school nursing service



@c4hwarwickshire



@schoolhealthc4h



@compassc4h

Helpful information & useful websites on health & wellbeing for young people.

Childline Tel: 08001111

www.childline.org.uk

Family Lives

www.familylives.org.uk

Severe Allergies/Anaphylaxis

www.anaphylaxis.org.uk

Asthma

www.asthma.org.uk/advice/child

Bladder & Bowel, Bedwetting

www.eric.org.uk/Pages/Category/kids

Children's Arthritis

<https://www.ccaa.org.uk/>

Diabetes

www.diabetes.org.uk/guide-to-diabetes/kids

Epilepsy

www.epilepsy.org.uk/info/children

Peer Support

www.kidscape.org.uk bullying, cyberbullying, friendships, moving up to secondary school

www.bullying.co.uk

www.behealthy-peersupport.org.uk

Bereavement

www.childbereavement.org.uk

<https://help2makesense.org/>

www.guysgift.co.uk

Emotional Health

<https://www.youngminds.org.uk/>

www.warwickshire.gov.uk/sorted

www.stem4.org.uk

Diet, healthy eating, physical activity and exercise

<https://www.wcrf-uk.org/healthy-eating/recipes>

<https://www.nhs.uk/healthier-families/>

Staying safe online

www.thinkuknow.co.uk

Safety

www.safetynetkids.org.uk - personal safety, bullying, online safety

Puberty

www.childline.org.uk/info-advice/you-your-body/puberty/

Drugs/Alcohol/Smoking

talktofrank.com

Warwickshire Young Carers

warwickshireyoungcarers.org.uk



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

Compass