



## Children's Mental Health Week 6-12 February 2023

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.

### Let's connect!

The theme of this year's Children's Mental Health Week is 'Let's Connect', which is all about creating meaningful connections to support our wellbeing.

We can support children to have meaningful connections by doing things like having family time, play dates with friends, and getting children involved in community activities such as choirs, sports, volunteering or other hobbies.

Health for Kids: Grownups has lots of advice and information to help you support your child in opening up about how they are feeling.



Click on the links below to find out more:



### Let's chat



### Making mealtimes matter



### How do you feel today? Let's get talking

### Have you seen our brand-new animation yet?

To help children better understand the feelings and thoughts they may have about themselves and their body, we have created a brand new animation.

[Click here](#)  
[or on the image to watch](#)



## ChatHealth

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.

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**

## ChatAutism

Run by the Specialist Autism Team at Leicestershire Partnership NHS Trust, ChatAutism is a messaging service that provides a safe and easy way to send a text message to a healthcare professional and get confidential help and advice.

The service is for diagnosed autistic people, their families and carers to get confidential help and advice.

It is open for all ages.

Text the Specialist Autism Team on:

**07312 277 097**

- ✓ Understanding autism
- ✓ Emotional health
- ✓ Assessment and diagnosis advice to those who may be autistic
- ✓ Healthy lifestyle
- ✓ Finding support

## Mental Health Support Teams (MHSTs) service is expanding

Mental Health Support Teams in Schools (MHST) are part of a national programme to reduce inequalities and increase access to mental health support for children and young people.

The LPT Service works with almost 100 schools across Leicester, Leicestershire and Rutland and in January saw an additional 10 trainee educational mental health practitioners (EMHPs) begin working in schools as part of the final step to complete their training.

**[Click here to find out more about the service and the schools the team works in.](#)**