



Health and wellbeing support available to families over the holidays



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With the Summer holidays rapidly approaching, please let your families know about the free health and wellbeing support available to them.

ChatHealth - ChatHealth is a confidential text support service for parents, carers, families and young people in Hampshire manned by health visitors and school nurses.

There are three ChatHealth services for:

- **Parents and carers of children under 5** -Health visitors have a wealth of experience working with parents/carers, babies, toddlers and young children. They are trained to support with a wide range of health and wellbeing issues including crying babies, infant feeding, starting baby on solid foods, sleep and behaviour problems. As well as giving advice, the team can signpost to appropriate services. Text **07520 615720**.
- **ChatHealth 5-19** - The school nurse team supports parents/carers with questions relating to a wide range of health and wellbeing issues including healthy lifestyles, toileting, behaviour, sleep, emotional wellbeing and health conditions. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332417**
- **Young People aged 11-19** - School nurses support young people with questions relating to a wide range of health and wellbeing issues including self-harm, relationships, bullying, weight, anxiety, drugs, smoking, stress, body worries, alcohol and sexual health. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332160**.

Opening times: 8.30am - 4.30pm Monday-Friday (ChatHealth 0-5 is 9:00am-4:00pm) exc. bank holidays. Any text sent outside opening hours will receive an automated message with advice of where to get help if their question is urgent. Out-of-hours texts will be replied to within one working day. **For urgent medical enquires, please call 999 or 111.**

Hampshire Healthier Together - clear information on common illnesses, including advice on what serious 'red-flag' signs to look out for, where to seek help if required, what you should do to keep comfortable and how long symptoms are likely to last.

Kooth is a free online counselling and emotional wellbeing support service offered to young people aged 11 - 25 years (up to their 26th birthday) with a safe and secure means of accessing support with their emotional and mental health needs from a professional team of qualified counsellors.

By accessing Kooth young people can benefit from a **free, confidential, anonymous and safe** way to receive support online, **online counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions including **out of hours' availability** - counsellors are available from 12pm to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop in basis.

No referral is required, young people can access the service directly and in complete confidence at www.kooth.com.

Smokefree Hampshire - do you smoke or vape and would like help to quit? Are you worried about family members who smoke or vape? Smokefree Hampshire is a free and confidential stop smoking and stop vaping service which offers support with a specialist stop smoking adviser as well as free nicotine replacement products. Smokefree Hampshire is available to anyone over the age of 12 years.

Catch 22 - A specialist treatment service offering targeted, specialist and family support for children and young people in Hampshire who are affected by substance misuse. Referrals can be made on the Catch 22 website and young people can call the 24 hour helpline 24/7 help line **0800 599 9591**.

Mental Wellbeing Hampshire - is a partnership of organisations working to support good mental health and wellbeing in our communities.

Hampshire Family Information and Services Hub (FISH) - Find information about what is going on in your area, details on how to access services, organisations and activities in Hampshire, and the advice and support that is available.

Hampshire Safeguarding Children's Partnership provides practical advice and help on supporting your child and keeping your family safe.

The Solihull Approach - These **free online courses** offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. Click on the link to find out more information and how you can access these free courses.