

Solihull School Nursing Service

Useful websites for secondary school aged children.

- www.healthforteens.co.uk website providing health information for young people 11-19 and information on school nurse service included.
- [Chat health 07520615730](tel:07520615730), text your school nurse for confidential health advice and support 8am - 6pm, Monday to Friday.
- www.sias-solihull.org.uk Provides support for young people with alcohol, drug and gambling issues, via counselling, one to sessions, group sessions and social activities. Also other organisations provide support through SIAS for families and individuals on dependency issues, recovery from dependency issues and to 14 -16 year olds with building resilience to risky behaviours.
- www.solihullccg.nhs.uk/yourhealth/mental-health/emotional-wellbeing-and-mental-health-services-for-children-and-young-people Provides support to children and young people with depression and anxiety issues. Gives access to information and services for families and healthcare professionals about the emotional wellbeing and mental health of children and young people. Assists parents and carers in understanding children's needs and behaviours so they can provide

support at home. Also, Counselling services to children and young people following domestic, sexual or physical abuse, or those whose family life is identified as having multiple complex issues. Offers interventions to support with mental health needs and diagnoses.

- www.umbrellahealth.co.uk Provides a free and confidential sexual health service in Birmingham and Solihull, including all types of contraception and STI testing and treatment.
- www.solihullactive.co.uk Provides advice on eating well and moving more
- www.bsmhft.nhs.uk/solar-youthservice Provides support and advice to children and young people on emotional wellbeing being and mental health services.
- www.eric.org.uk Provides advice and support to children, young people and families on bladder, bowel and bedwetting.
- www.kidshealth.org A website devoted to children's health and development.
- www.solihullcarers.org Are an independent charity which has been providing local support to carers for over 13 years. They offer emotional support, carer's assessments, practical information and advice, social activities and events, a strong voice for carers, support groups, and drop-in and home visit support through their outreach services to carers aged 5 to 105, living anywhere in the borough of Solihull.
- www.kidscape.org.uk Provides advice and support on bullying, cyber bullying, friendships and moving up to secondary school.
- www.youthspace.me Youthspace offers relevant, up-to-date information and advice for young people, carers and professionals working with young people on all aspects of mental health, resilience & emotional wellbeing.

- www.youngminds.org The voice of young people's mental health and wellbeing. We provide advice, information and training for young people, parents and carers and professionals.
- www.rcpsych.ac.uk The Royal college of Psychiatrists, The online mental health resource for the public and professionals.
- www.childline.org.uk ChildLine is a counselling service for children and young people. Advice and support are available through their website.
- www.thehideout.org.uk Women's Aid have created this space to help young people understand domestic abuse, and how to take positive action if it's happening to them.
- www.selfharm.co.uk Online support groups, advice and information, Facebook page
- www.headsmeds.org.uk Provides accessible, useful information about different types of mental health medication, including real life stories and a “jargon buster”
- www.safetotalk.org.uk Domestic violence and abuse. This website includes information and advice on agencies that can provide support. There is a section for children and young people.

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Useful Apps for Children of secondary School Age.

- **Mood Panda** – a mood journal, allowing the young person to score their mood and view any changes/patterns etc on their smartphone or tablet
- **Calm: Meditate, Sleep, Relax** – easy to follow & step programme for learning meditation/relaxation skills, guided meditation sessions ranging from 2-30 minutes relaxing sounds/music
- **Self-help Anxiety, Management** – SAM is a psych-educational tool to help young people understand and manage anxiety, developed by a team of psychologists from the University of West England and contains 25 different self-help options and a social network that is closed to SAM users