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**SCHOOL NURSING SERVICE - USEFUL LINKS AND WEBSITES**

For a wide range of health information and advice

[**www.nhs.uk**](http://www.nhs.uk/)or telephone **111**

**Domestic Abuse Helpline** 0808 2000 247

https://www.nationaldahelpline.org.uk

**ERIC** – offers support and advice around the bowel and bladder health of all children and teenagers in the UK

https://www.eric.org.uk

**FAB Stockport** is a family weight management service. They deliver sessions to help improve the lifestyles of children and their families

<https://www.ablhealth.co.uk/stockport/>

**Change for life** – advice for healthy lifestyles

https://www.nhs.uk/changeforlife

**Veg Power** inspires Children and young people to veggie loving habits they will keep for life and in turn share with their children

<https://vegpower.org.uk>

**Healthy Young Minds Stockport** – Child and Adolescent Mental Health Services help and support children and young people who are having difficulties around their emotions, behavior, development or relationships.

<https://healthyyoungmindspennine.nhs.uk/find-us/stockport>

**Kooth** – a free online counseling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop

<https://www.kooth.com>

**Anxiety canada** - Online resource providing self-help information, community programs and workshops, for individuals, educators, health professionals and care providers on **anxiety,** **anxiety** disorders including panic attacks, OCD, PTSD, GAD and cognitive behavior therapy

<https://www.anxietycanada.com/>

**Parenting Mental Health –** support for parents of young people with mental health issues

https://parentingmentalhealth.com

**Samaritans**  116 123

https://www.samaritans.org

**Papyrus** – a **UK** Charity for the prevention of young suicide (under 35).

https://www.papyrus-uk.org

For parenting and family support

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

**Childline**

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

**ThinkUKnow** – online safety education programme from the National Crime Agency’s CEOP command. It aims to empower children and young people aged 4 -18 to identify the risks they may face online and know where they can go for support

https://[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Central youth** – provides a free, confidential and friendly service for young people in Stockport. They offer advice and support around sexual health, contraception and counseling 0161 549 6111

www.thenorthernsexualhealth.co.uk

**Family Planning Association** – provide information on sexual health and contraception

https://www.fpa.org.uk/

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