

LLR support for children young people and their parents during COVID-19

<p><i>School Nurses Texting Service</i></p> <p>Did you know if you're aged 11 to 19 in Leicester, Leicestershire and Rutland you have a dedicated confidential, secure text messaging service which enables you to get confidential, professional health advice and support.</p> <p>Sleeping • Exam stress • Self-harm • Mental health • Sexual health • Anxiety</p> <p>This service is totally confidential</p>	<p>Leicester City: 07520 615386</p> <p>Leicestershire & Rutland: 07520 615387</p>
<p><i>Healthy Together Health for Kids</i></p> <p>Articles and stories to help keep your child healthy and happy. Information & Advice for Parents/Carers</p>	<p>https://www.healthforkids.co.uk</p> <p>Advice for parents. Text messaging service Leicester City: 07520 615381 Leicestershire & Rutland: 07520 615382</p>
<p><i>Kooth</i></p> <p>Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. All content is age appropriate, clinically approved and fully moderated</p>	<p>https://www.kooth.com</p>