

## Online and text support resources

25.3.20

### NHS Service: Health for Teens

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

LPT's website for young people aged 11 – 19 to learn about their health. The website covers subjects that promote a healthy body and mind. Subjects include healthy eating and body image, managing stress, sexuality and mental health.

### NHS Service: *CHATHEALTH confidential text support*

**Secure and confidential text messaging service for information and advice from a public health nurse**

#### Parentline

Leicester 07520 615381

Leicestershire and Rutland 07520615382

The secure and confidential service is staffed Monday to Friday between 9am and 5pm (excluding bank holidays). You'll receive an automated message back to confirm that we have received your text, and then you'll receive a text response within 24 hours.

#### Secondary school kids

Leicester 07520 615386

Leicestershire and Rutland 07520 615387

THIS SERVICE IS CONTINUING DURING SCHOOL CLOSURES: This service is provided by the Leicester, Leicestershire and Rutland school nursing service for young people aged 11-19. You will get a reply within 24 hours from an NHS School Nurse between 9:00am to 5:00pm, Monday to Friday (except bank holidays).

#### Kooth

**Monday to Friday, noon – 10pm**

**Weekends, 6pm – 10pm**

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

Free and anonymous mental health support service for children and young people, easy access to an online community of peers and a team of experienced counsellors. The service is completely free to use, there are no waiting lists and you have complete anonymity. A sign up required to access the instant messaging feature.

#### SHOUT

Text **SHOUT** to **85258** a free texting service in the UK, offering 27-7 confidential support. You will be referred to a trained CRISIS volunteer who can provide support

but not medical advice. To end the conversation at any time text STOP and you won't receive further texts

## **HOPELINE**

Crisis support for young people If you are under 35 and feel that life is not worth living any more, call [Papyrus's](#) HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends. **Call HopelineUK on 0800 068 41 41 Text 07786 209697**

**Further resources and information available from NHS Choices [www.nhs.uk](http://www.nhs.uk)**