



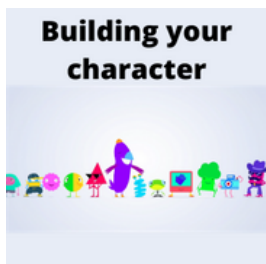
# Mental Health Awareness Week

## 15- 21 May 2023

In support of Mental Health Awareness Week 2023, please take a look at this update from the Healthy Together School Nursing Team, highlighting many of the different resources available to children, families and teachers across Leicester, Leicestershire and Rutland

## Building your character

A series of animations on Health for Kids



This collection of animations is great to watch as a class in school or at home as a family.

They explore how our character is made up of many different parts and how, with practice, these parts can be trained to come together and make us better at all sorts of different things, including friendship, resilience and self-esteem.



**Click on the images to the left or on the links below to view each short animation:**



- [Building your character](#)
- [Building your character: Friendship](#)
- [Building your character: Resilience](#)
- [Building your character: Self-esteem](#)



# How we feel about ourselves and our bodies

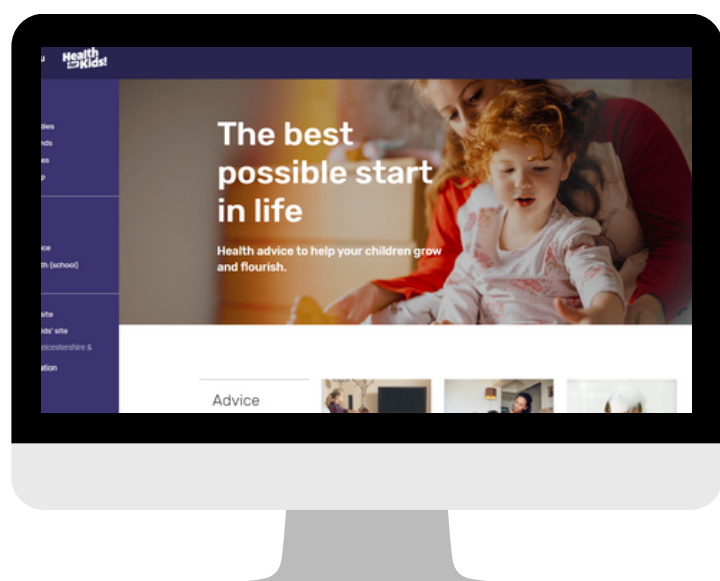
An animation to support body image and self-esteem

To help children better understand the feelings and thoughts they may have about themselves and their body, we have created a brand new animation.



**[Click here or on the image above to view the animation on Health for Kids](#)**

## Support for parents/carers



Health for Kids: Grownups provides health related advice and information specifically to parents and carers of 5-11 year olds.

The 'Healthy Minds' area of Health for Kids: Grownups offers lots of advice, guidance and information on how you can support your child with their emotional health and wellbeing.

**[Click here or on the image above to visit the Healthy Minds area of Health for Kids: Grownups](#)**

# Supporting resources

Posters created by the School Nursing Service

To further support and raise awareness around emotional mental health, the Healthy Together Service has created additional resources which can be downloaded and shared with children and parents/carers across the school community.



**Click here or on the image to the left to download our 'Top tips to keep a healthy mind' poster**

The poster explores some of the things children can do to help them manage their worries, including writing them down, going out and doing an activity they enjoy, speaking to a trusted adult and more.

**Click here or on the image to the right to download our leaflet for parents/carers around emotional health in children**

This explores what can cause a child to worry, the most common signs and symptoms a worried child will show and tips on how parents and carers can support a child's emotional health.



# Getting support and advice from healthcare professionals

A quick and easy way to access the School Nursing Team

Leicestershire Partnership NHS Trust runs a confidential, secure text messaging service for parents of primary school aged children called ChatHealth, offering a quick and easy way for you to ask questions and get the support, advice and guidance you need.

**If you live in Leicester City, text:**

**07520 615 381**

**If you live in Leicestershire or Rutland, text:**

**07520 615 382**

Speak to a healthcare professional about your child's:

**Emotional  
health**

**Sleep  
problems**

**Communication  
issues**

**Toileting**

**Development**

