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यह दस्तावेज अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت در خواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقرّوة وذلك عند الطلب

## Compliments, Concerns and Complaints

Comments, compliments or complaints are valued and appreciated. Please speak to your health practitioner. If the service you are receiving is failing expectations, please talk to the manager or staff involved. They will take the matter seriously and sort things out as soon as possible.

If that is not appropriate please contact us below:

**Call:** 0115 993 4542

**Email:** [Complaints@nottshc.nhs.uk](mailto:Complaints@nottshc.nhs.uk)

**Write to:** Patient Experience Team (Local Partnerships)

Nottinghamshire Healthcare NHS Foundation Trust

Moorgreen House, Highbury Hospital, Bulwell, Nottingham, NG6 9DR

You can also share your experiences and care at [www.careopinion.org.uk](http://www.careopinion.org.uk) or at the Trust's feedback website: [www.feedback.nottinghamshire.nhs.uk](http://www.feedback.nottinghamshire.nhs.uk)

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

May 2022

# HEALTH FOR TEENS

NHS

Nottinghamshire Healthcare  
NHS Foundation Trust

## Introducing the School Age Healthy Families Programme



You can contact the Healthy Family Teams:

Advice Line: 0300 123 5436

ChatHealth (text service for 11-19 year olds)

07507 329952

Parentline (text for parents and carers) 07520 619919

Website: [www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams](http://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams)

For urgent health advice outside of these hours please telephone 111 or contact your GP practice



## The Nottinghamshire Healthy Families Programme

Working alongside your school, we as health staff would like to welcome you into your secondary school journey. We know this change can be challenging and from time to time you may want some advice and support about your health. The Healthy Family Teams across Nottinghamshire deliver the School Nursing advice and support in schools and at home if you need it. We work with young people aged 5-19.



We recommend all young people attend opticians every two years and the dentist every six months. If you have any concerns about hearing, please contact your GP. If you are unsure if you are up to date with all your immunisations please get your parent or carer to talk to your GP surgery who will be able to advise.

### You can follow our social media at:



**Twitter:** [twitter.com/NottsHFT](https://twitter.com/NottsHFT)



**Facebook:** [www.facebook.com/NottsHFT/](https://www.facebook.com/NottsHFT/)



**Instagram:** [www.instagram.com/nottshealthyfamilyteams/](https://www.instagram.com/nottshealthyfamilyteams/)

## What services are offered by the Healthy Family Teams?

Our Healthy Family Teams offer a wide range of support for behaviour and emotions, healthy relationships and sleep.

We can complete this work one-to-one or in group sessions in school, at home or in a health centre.

As well as supporting you, we can give advice about other services who will be able to provide ongoing or specialist support.

Here are some useful services where parents, carers, children and young people can access support independently:

- Health for Kids - [www.healthforkids.co.uk](http://www.healthforkids.co.uk) - this is an NHS site supporting young children and parents.
- Health for Teens - [www.healthforteens.co.uk](http://www.healthforteens.co.uk) - this is an NHS site supporting young people and it contains lots of information.
- ChildLine 0800 1111 - [www.childline.org.uk](http://www.childline.org.uk)
- Notts Help Yourself - [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) - this is a site for advice, information and local services available.
- Your Health Your Way - [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk) - support around weight management, getting active, stopping smoking and drinking less alcohol.
- ERIC - [www.eric.org.uk](http://www.eric.org.uk) - provides information and advice for children and teenagers with bladder or bowel conditions.
- Change for life - [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- The Sleep Charity - [thesleepcharity.org.uk/](http://thesleepcharity.org.uk/)
- LGBTQ advice and support - [www.stonewall.org.uk/](http://www.stonewall.org.uk/)
- CAMHS crisis - [www.nottinghamshirehealthcare.nhs.uk/camhs](http://www.nottinghamshirehealthcare.nhs.uk/camhs)
- [www.notalone.org.uk](http://www.notalone.org.uk) – support with mental health
- **Mental Health Support Team** – referral via your school
- <https://www.beusupport.co.uk> - mental health support

