

## [Solihull School Nursing Service](#)

### Useful websites for Primary school aged children

- [www.healthforkids.co.uk/staying-healthy](http://www.healthforkids.co.uk/staying-healthy) Health for Kids introduces a new and different way for primary school children to learn about their health. The website features a section for parents providing more detailed information from our school nurses.
- [www.kidshealth.org](http://www.kidshealth.org) A website devoted to children's health and development.
- [www.childline.org.uk](http://www.childline.org.uk) ChildLine is a counselling service for children and young people. Advice and support are available through their website.
- [www.safetotalk.org.uk](http://www.safetotalk.org.uk) Domestic violence and abuse. This website includes information and advice on agencies that can provide support. There is a section for children and young people.
- [www.nspcc.org.uk](http://www.nspcc.org.uk) Website provides information and advice sheets / booklets on a variety of emotional wellbeing topics, e.g. domestic violence, bullying and dealing with worries.
- [www.solihullccg.nhs.uk/yourhealth/mental-health/emotional-wellbeing-and-mental-health-services-for-children-and-young-people](http://www.solihullccg.nhs.uk/yourhealth/mental-health/emotional-wellbeing-and-mental-health-services-for-children-and-young-people) Provides support to children and young people with depression and anxiety issues. Gives access to information and services for families and healthcare professionals about the emotional wellbeing and mental health of children and young people. Assists parents and carers in understanding children's needs and behaviours so they can provide support at home. Also, Counselling services to children and young people following domestic, sexual or physical abuse, or those whose family life is identified as having multiple complex issues. Offers interventions to support with mental health needs and diagnoses.

- [www.solihullactive.co.uk](http://www.solihullactive.co.uk) Provides advice on eating well and moving more.
- [www.bsmhft.nhs.uk/solar-youthservice](http://www.bsmhft.nhs.uk/solar-youthservice) Provides support and advice to children and young people on emotional wellbeing and mental health services.
- [www.eric.org.uk](http://www.eric.org.uk) Provides advice and support to children, young people and families on bladder, bowel and bedwetting.
- [www.kidscape.org.uk](http://www.kidscape.org.uk) Provides advice and support on bullying, cyber bullying, friendships and moving up to secondary school.
- [www.solihullcarers.org](http://www.solihullcarers.org) Are an independent charity which has been providing local support to carers for over 13 years. They offer emotional support, carer's assessments, practical information and advice, social activities and events, a strong voice for carers, support groups, and drop-in and home visit support through their outreach services to carers aged 5 to 105, living anywhere in the borough of Solihull.