

STRESS AWARENESS MONTH

APRIL 2024

ISSUE 01

April marks the start of Stress Awareness Month 2024, and at Healthy Together we wanted to share with you some resources that can support children who may be experiencing stress and worry.

SUPPORTING THE TRANSITION FROM PRIMARY TO SECONDARY SCHOOL

One of the most common concerns for children in primary school as we approach the end of the academic year is the transition to secondary school for those in Year 6.

To support children, teachers and parents/carers during this time, we have a number of resources that provide support, advice and information:

Click on the images to take a closer look



Lots more advice on feelings, stress and worries can be found on



[Our animation designed specifically for children who are starting secondary school in the new academic year](#)



[Our animation for parents/carers of children who are starting secondary school in the new academic year](#)

HELP YOUR CHILD LET THEIR FEELINGS, WORRIES AND STRESS FLOAT AWAY

It can be hard for children to open up about any stress they are feeling or worries they might have.

Our lanterns game is designed to help with this as it encourages children to write down how they are feeling and then watch them float away into the distance on one of our lanterns.

This can show them the benefit of opening up and expressing how they are feeling, and the weight that can be lifted from doing so.



[CLICK HERE TO PLAY OUR LANTERNS GAME](#)

CONTACTING THE HEALTHY TOGETHER TEAM FOR SUPPORT AND ADVICE

If you would like to speak to a health professional about any concerns you have about your child, including problems they might be experiencing with stress or worry, you can get in touch via the following methods:

CONTACT A SCHOOL NURSE BY TEXT MESSAGE

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 381



CALL THE HEALTHY TOGETHER HELPLINE

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.

CALL 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

