

# Starting Well Partnership 0-19 Service – Support During Covid and Beyond

## **Support for schools and young people**

School Health Nurses provide a wide range of services to meet the needs of school-aged Children, Young People and their families.

Teams can be contacted for advice and support in your district –visit

<https://www.startingwellworcs.nhs.uk/services> for contact details and more information.

Young people 11-19 years old can text their school nurse on 07507331750 for confidential advice and support.

## **Support for parents**

Parents who also have children under 5 years old and need advice can contact our Telephone Advisory Service on: 0300 123 9551 The Starting Well partnership has been offering one-to-one telephone support to parents during the government Covid restrictions, giving help and advice about issues such as behaviour management, wellbeing, activities, practical support. Parenting groups are now being delivered virtually. These groups support parents with strategies to develop positive relationships with their children and use evidence-based tools to manage behaviour.

Parents can self-refer, or professionals can refer with consent, by going to <https://www.startingwellworcs.nhs.uk/support-during-covid19>

