

# School Nurse Newsletter



## Useful Contact Numbers

**Birmingham and Solihull Mental Health Trust**

**0-19 years  
Solihull (Solar)  
0121 301 2750**

**Birmingham (Forward Thinking)  
0-18 years  
0207 841 4470**

**Womens Aid  
Support for Victims of domestic abuse  
0808 800 0028.**

**Children's Services  
0121 788 4300  
(Solihull)**

**0121 303 1888  
(Birmingham)**

**Bereavement Support  
0121 687 8010**

**Solihull Carers Trust  
Young Carers  
0121 788 1143**

**SIAS  
Solihull Intergrated  
Addiction Services  
0121 301 4141**

South Warwickshire   
NHS Foundation Trust

## Welcome to Our Newsletter,

We hope you are all well and staying safe. We know that the present situation is very different to the usual world we live in and that during this journey you and your family may encounter some challenges and need some help and support along the way.

We want you to know that the School Nurse Team are here to provide support to you and your children.

The team includes Specialist Practitioners, Registered Nurses and assistants. They are experienced at giving health information, advice and support especially at these difficult times. This includes, returning to school and transition, emotional support, sleeping, eating and more. We also offer signposting and referral on to specialist services if health needs are identified.

To get in touch please call us on

0121 726 6754 South  
0121 770 1919 North

**11-19 years  
Confidential Texting Service  
07520 615 730  
Mon- Fri 8-6**

We also have two websites that you and your children can access these are

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) (Primary school age)

[www.healthforteens.co.uk](http://www.healthforteens.co.uk) (secondary school age)

You can also follow us on



@Solihull School Nurses



@Solihull\_School\_Nurses



@SolSchNurse



Websites you may find Useful  
<https://www.nhs.uk/change4life>

<http://www.solihullactive.co.uk>

[www.eric.org.uk/helpline](http://www.eric.org.uk/helpline)

<https://www.nhs.uk/conditions/bedwetting/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/>

[www.internetmatters.co.uk](http://www.internetmatters.co.uk)

[www.nspccc.co.uk](http://www.nspccc.co.uk)  
[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

<http://cutt.ly/young-minds-coronavirus>

[www.childline.org.uk](http://www.childline.org.uk)

[www.sias-solihull.org.uk](http://www.sias-solihull.org.uk)

[www.solihullcarers.org](http://www.solihullcarers.org)

**IF YOUR CHILD IS UNWELL PLEASE CONTACT YOUR GP, NHS 111 OR VISIT A&E**