

Supporting Your Child's Health and Wellbeing

Clear NHS advice • Early help • Support through school

Healthier Together 🤝❤️

<https://www.healthiertogether.nhs.uk/>

Trusted NHS advice for parents and carers
Clear guidance on childhood illnesses
Helps you decide when to self-care or seek help
Easy to use on your phone

Why health matters 🧠📖

Good health helps children attend school, learn well and feel happy.
Schools and health services work together to support children early.

How to get help

- 🏠 Talk to your school's pastoral or wellbeing team
- ☎️ Hull MHST: 01482 205205 (Monday–Friday – not a crisis service)
- ✉️ Email: hnf-tr.hullmhst@nhs.net
- 👤 0–19 Health Visiting & School Nursing: 01482 259600
- 💬 ChatHealth (11–19): 07312 263199

What support is available 🧑🏫

- 🏥 School Nursing (5–19)
- 💬 Mental Health Support Teams (MHST)
- 👤 Advice for parents and carers
- 👉 Early, targeted help when needed



Healthier Together

Improving the health and wellbeing of babies, children and young people in Humber and North Yorkshire

HULL LEARNING PARTNERSHIP