

Health Resources in Dorset for Parents

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Introduction:

HEALTH RESOURCES IN DORSET

As the Local Medical Committee, which is a representative body for GPs and their practices, we would like to support parents in obtaining good quality, accurate health information.

We realise there is a lot of information available on the internet and want to signpost schools, parents/guardians and young people themselves to reliable resources.

Please see some good sources of information in the sections below.

Parent/Carer and Pupil physical health information

Wessex Healthier Together, is an excellent website with information regarding health and wellbeing topics and self-care for various illnesses, and safety netting advice for parents and professionals
<https://www.what0-18.nhs.uk>

NHS choices has accurate, up to date advice on variety of health topics
<https://www.nhs.uk>

Patient Advice-reliable information leaflets on variety of health conditions. Includes self-care advice
<https://patient.info>

Resources on self-care in minor illness follow the link "Your guide to childhood illnesses"
<https://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/self-care/looking-after-children-with-minor-common-illnesses/>

When is time off school needed? When is it not required? Public Health England exclusion criteria for use by parents and professionals
http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf

Chat health-Dorset text service to school nursing team- an accessible free confidential text messaging service for young people age 11-19, to get information on subjects such as physical and emotional health, smoking, drugs, relationships etc
[https://www.dorsethealthcare.nhs.uk/application/files/8315/0590/2983/PD-SNCH1-17 Chat health leaflet - For screen.pdf](https://www.dorsethealthcare.nhs.uk/application/files/8315/0590/2983/PD-SNCH1-17%20Chat%20health%20leaflet%20-%20For%20screen.pdf)

Mental health resources

Mental health information- variety of resources and patient information available <https://youngminds.org.uk>

Help and strategies for anxiety

www.anxietyuk.org.uk
www.minded.org.uk
www.anxietybc.com

Advice on depression

www.youngminds.org.uk

Advice and support around eating disorders

www.b-eat.co.uk

Directly accessible emotional support for children with trained staff

<https://www.childline.org.uk/>

Website for young people, parents and schools on mental health issues

<https://www.mentalhealthmattersinschools.org.uk/view-resources.php>

Online counselling and emotional well-being platform Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://kooth.com>

Support available regarding addiction in young people

<https://www.edasuk.org/treatment/poole/poole-yadas/>

Support for young people in Dorset with mental health concerns, provided by the NHS Child and Adolescent Mental Health Service

<https://camhsdorset.org>

www.wheresyourheadat.org.uk

Health education topics

Information regarding illicit substances- drug education

<https://www.talktofrank.com/>

Resources for provision of information on sexual health

<https://www.brook.org.uk/>

<https://www.fpa.org.uk>

<https://sexualhealthdorset.org>

List of books that tackle bereavement for children

<https://www.winstonswish.org/suggested-reading-list/>



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