



# DIGITAL UPDATE

## Spotlight on Emotional Resilience

Welcome to your digital update from Leicestershire Partnership NHS Trust, which focuses on emotional resilience and building character.

During March, our public health nursing teams are running a campaign around emotional resilience, and in this bulletin, we'd like to signpost you to a number of resources that you can share with your pupils in school as well as with parents and carers too.

## Well worth a watch...



This collection of short animations are great to watch as a class in school, or at home with parents and carers.

They explore how our character is made up of many different parts and how, with practice, you can train all of these parts to come together to make you better at all sorts of different things, including friendship, self-esteem and resilience.

A fun and engaging way of exploring such an important subject, these animations are all available on the Health for Kids website.

- [Building your character](#)
- [Building your character: Friendship](#)
- [Building your character: Self-esteem](#)
- [Building your character: Resilience](#)

## Useful resources

To support our emotional resilience campaign, we have also produced a number of resources available for download that can be displayed in school and made available to parents and carers too.



Download our '[Top tips to keep a healthy mind](#)' poster, print off and display around your school.

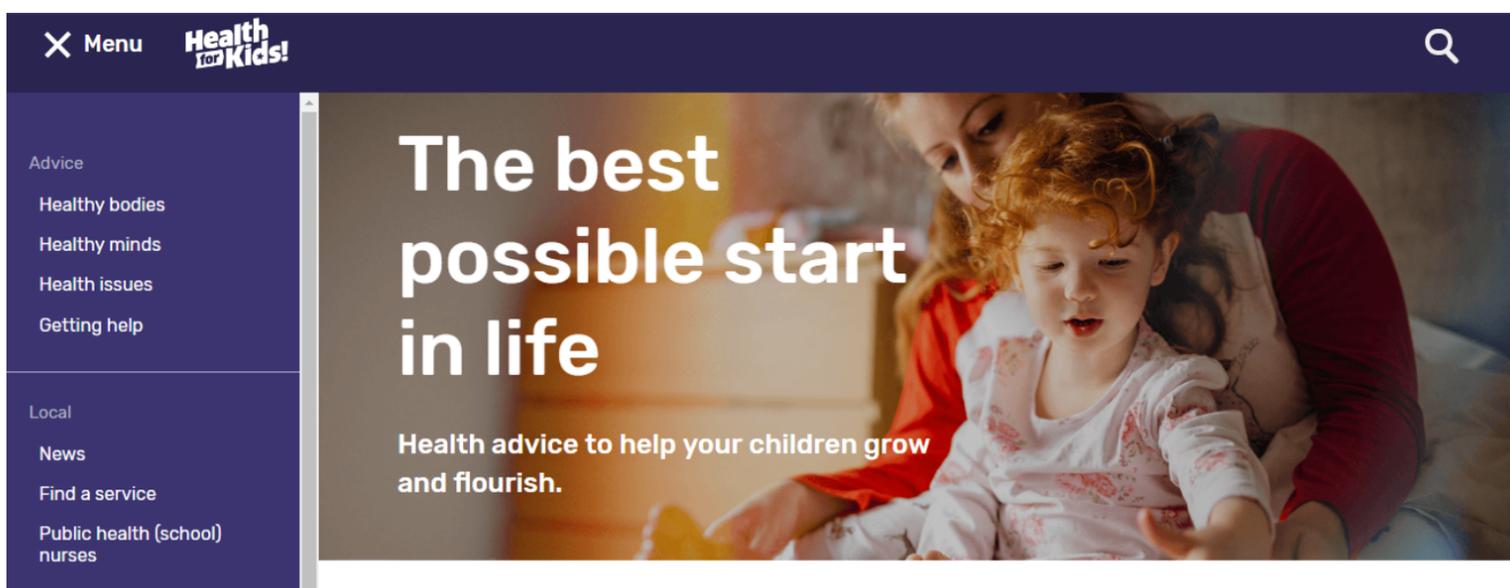
The poster explores some of the things children can do to help them manage their worries, including writing them down, going out and doing an activity they enjoy, speaking to a trusted adult and more.

A leaflet for parents and carers around emotional health in children has also been created and is available for download.

This explores what can cause a child to worry, the most common signs and symptoms a worried child will show and tips on how parents and carers can support a child's emotional health.



Don't forget... Health for Kids: Grownups



Health for Kids: Grownups has been created to provide health related advice and information specifically to parents and carers of 5-11 year olds.

Access to Leicester, Leicestershire and Rutland content and services (including school nurse information) for parents/carers is easy, and the range of content for parents and carers covers multiple topics including:

- Healthy Bodies- covering the likes of puberty, staying safe in the sun and exercise
- Healthy Minds- covering the likes of grief, online safety and communication
- Health Issues- covering the likes of sleep, constipation and autism
- Getting Help- covering the likes of finding a GP, hearing and registering with a dentist



Leicestershire Partnership NHS Trust runs a confidential secure text messaging service for parents of children aged 0-19 years called ChatHealth.

The service operates Monday to Friday between 9am and 5pm, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, please contact your GP, visit an NHS walk-in centre or call NHS 111. For emergencies, dial 999 or visit A&E.

**Leicester City: text 07520 615381**

**Leicestershire & Rutland: text 07520 615382**

