

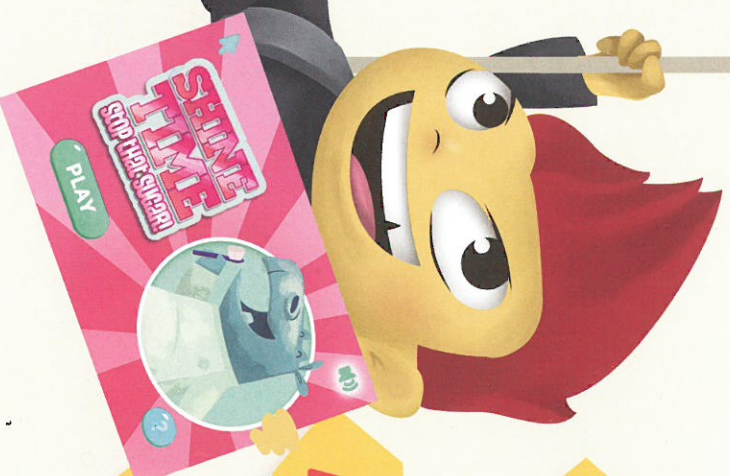
Staying Healthy

Illness

Feelings

Getting Help

**A fun and interactive resource  
for learning about health**



**Games**

**Activities**

**Quizzes**

**www.healthforkids.co.uk**

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**Psst! Parents!**

**As well as enjoying the content with your child, you can  
get advice on supporting their health and wellbeing.**



 ChatHealth

**Text a public health nurse (school nurse)  
for confidential advice and support:**

Leicester City

**07520 615381**

Leicestershire & Rutland

**07520 615382**

**Or ring our advice line to speak  
to a public health nurse:**

**0300 3000 007**

(not for appointments)



Leicester  
City Council



Leicestershire  
County Council



Rutland  
County Council

