

Connect for Health: Supporting Warwickshire Families

Sleep Workshop & Drop-in Session

Join us on **Monday, 7th April** at our open evening to learn more about how the Connect for Health Team can support you and your child's wellbeing.

What is Connect for Health?

The Connect for Health Nursing Team provide free, confidential health and wellbeing support for school-aged children (5-19 years, or up to 25 with special needs) and their families.

- ✓ Health and wellbeing advice
- ✓ Support for parents and carers
- ✓ Online resources and courses
- ✓ Confidential messaging service for advice and guidance
- ✓ In-school support and workshops

How to Get in Touch

☎ Parent Messaging Service: Text 07520 619 376 for confidential health advice.

☎ Young People's Messaging Service (11-19 years): Text 07507 331 525 for support.

🌐 Website: Connect for Health - <https://www.warwickshire.gov.uk/connectforhealth>

📖 Latest Newsletter: March 2025 Edition – https://www.compass-uk.org/wp-content/uploads/2025/03/C4H-Parent-and-Schools-Newsletter.-March-2025_compressed.pdf

Services & Support: Learn More - <https://www.compass-uk.org/services/c4h/>

Explore their website and messaging services to access advice, resources, and support for you and your child!