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আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, অক্ষর ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwrch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本，录音磁带，盲文或大字体，请与CWP的一位员工提出，[或者发电邮至 cwp.info@nhs.net](mailto:cwp.info@nhs.net)

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रेल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Useful Links

www.startingwell.org.uk/thoughts-feelings
www.startingwell.org.uk/staying-healthy

The information in the leaflet was valid at the date of production Dec 19 and is due for review in Dec 21

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Service Information for Young People

Empowering you to make good choices
about your health and wellbeing



Who are we?

The 0-19 Starting Well Service is delivered by a range of healthcare professionals with lots of specialist experience in working with children and young people. We are based in Starting Well Children's Centres. You may have met the team when you had your vision, hearing and weight checked during primary school years.

What do we do?

The service provides a range of health services for children and young people who attend school and college or live within Cheshire West and Chester, to promote health and wellbeing, supporting you to make good lifestyle choices.

What we offer you:

- immunisations to protect you from illnesses such as flu and other vaccine preventable diseases.
- drop in sessions in high school and in the community where you can speak to the nurse about ANYTHING worrying you.
- online support and advice. (online chat team)

We can support and offer advice about a range of issues, which may include:

- **Exam Stress**
- **Self harm**
- **Low Mood and Depression**
- **Being Bullied**
- **Healthy Relationships**
- **Sexual Health**
- **School or College Life**
- **Body Image**
- **Anxiety and General Stress**
- **Diet and Exercise**
- **Moving to Secondary School or to College**

No issue is too big or too small...

How to contact us?

If you need to get in touch, you can find contact details for all Starting Well Children's Centres at www.startingwell.org.uk/contacts

Why not visit us at www.startingwell.org.uk/senior and find lots of information to support you with your health and well being.

What is Starting Well Online Chat

Starting Well Online Chat is the online support team available for anyone aged between 11 and 19 years old who lives, or attends a school or college, in Cheshire West and Chester.

Our team is made up of staff who have a background in supporting children and young people with their emotional and mental well-being.

To contact us the Online Chat Team visit

www.startingwell.org.uk/online-chat

Please check on the website to find out when the advisors are next online; as availability varies through the week.

You can choose to complete the short and confidential online form at anytime and the team will respond to you the next time an advisor is available. You can also chat in real-time by clicking on the green chat icon at the bottom of the webpage. This tab will be purple when the team are unavailable.

Please note the Starting Well Service including our Online Chat is not a crisis Service. If you need urgent help please contact the emergency services 999 or speak to your GP. You can also call 111 for advice.

As an NHS service we are subject to standards for record keeping and confidentiality. If you would like to know more about this please see the website or read the **Information We Hold** leaflet.

