

## **Support for our patients: Children's health**

### **HANDi App**

The HANDi app offers simple and straightforward advice, for the following conditions in children:

- diarrhoea and vomiting
- high temperature
- 'chesty baby' illnesses, such as bronchiolitis, asthma and croup
- 'chesty child' illnesses, such as wheezing and asthma
- common newborn problems
- tummy pain
- head injuries

The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E. For more information, visit **[onedevon.org.uk/our-work/services-and-support/children-and-young-people/handi-app](https://onedevon.org.uk/our-work/services-and-support/children-and-young-people/handi-app)**.

### **Children and Family Health in Devon (NHS)**

This is the local Single Point of Access team accepts referrals for challenges faced by children and young people including the following:

- Behaviour
- Complex physical health
- Early years developmental delay
- Eating disorder
- Learning disability
- Mental health
- Movement
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)/ persistent pain
- Neurodiversity
- Physical Disabilities
- Sensory
- Speech, language and communication
- Swallowing difficulties

For more information and to access support, visit **[childrenandfamilyhealthdevon.nhs.uk](https://childrenandfamilyhealthdevon.nhs.uk)** or call **0330 0245 321**.

### **School Nursing and Health Visitor Service**

Parents/carers of primary school aged children can contact the public health nursing team (health visitors and school nurses) for information and advice on **07520631721**, or contact their local hub listed online at **[www.devon.gov.uk/educationandfamilies/health/public-health-nursing](https://www.devon.gov.uk/educationandfamilies/health/public-health-nursing)**. The team also recommends this website **[www.healthforkids.co.uk](https://www.healthforkids.co.uk)** which has a kids and parents zone offering information relating to a range of health and wellbeing needs and sources of support.

### **Teeth brushing apps**

A range of helpful apps that are designed for children to help make teeth brushing fun, and to help keep their teeth healthy. Visit Orcha Health at **[devon.orchhealth.com/en-GB](https://devon.orchhealth.com/en-GB)** and use the search term 'oral' to find a list of apps.

### **Young Devon Wellbeing Service**

Counselling from local, qualified therapists for young people aged 11-25 years old, visit **[www.youngdevon.org/wellbeing/our-wellbeing-services](https://www.youngdevon.org/wellbeing/our-wellbeing-services)** or call **08082 810155** to find out more, and to submit an enquiry.