

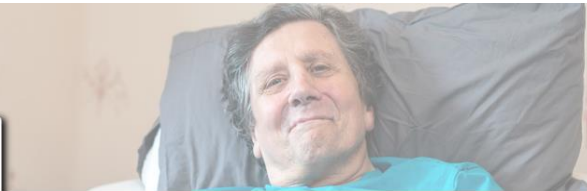




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Social media:		
Social media post	Social media graphic	Link
<p>Look for the Alder Hey symptom checker for easy-to-understand advice for children's health issues.</p> <p>NHS online can also advise when to keep them home and when to seek help.</p> <p>Find out more here about how good health can start online.</p>	 <p>Soc_Sq_ONLINE_1</p>	https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/feeling-unwell
<p>There is always someone available to listen.</p> <p>Early support can prevent mental health crisis for children and young people.</p> <p>Direct them to online tools such as the NHS app and helplines for advice and support.</p> <p>Find out more here about how good health can start online.</p>	 <p>Soc_Sq_ONLINE_2</p>	https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/mental-health

Find yourself getting cross? Your mental health is as important as your physical health and your brain's health is really important.

Resources online are a great place to start in understanding your mental health, finding support through groups and discovering activities to boost your mood.

Find out more here about how good health can start online.



[Soc_Sq_ONLINE_3](#)

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/mental-health>

An estimated 50% of patients worldwide do not take their medications as prescribed.

This can be for several reasons such as poor mobility, weather conditions or finances but means they are missing essential medications which could make them more poorly or make their health condition worse.

The NHS app makes it easy to order repeat prescriptions, remind yourself of appointments and get expert health advice.

Download the NHS App today from where you get your apps or find out more here about how good health can start online.



[Soc_Sq_ONLINE_4](#)

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/taking-medication>

<p>Exercise can reduce your risk of major illnesses such as coronary heart disease and strokes. It also improves your mental health and wellbeing.</p> <p>You'll find a range of helpful exercise links on this page, including chair-based routines, strength-building exercises and aerobic workouts.</p> <p>Remember, every movement counts.</p> <p>Find out more here about how good health can start online.</p>	 <p>Soc_Sq_ONLINE_5</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/exercise</p>
<p>NHS 111 online or the NHS App provides quick advice, 24 hours a day that is safe, reputable and reliable information and advice on health matters, self-care and when to seek emergency care.</p> <p>Find out more here about how good health can start online.</p>	 <p>Soc_Sq_ONLINE_6</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/feeling-unwell</p>

Eating well doesn't need to be expensive, or complicated. Making the right choice to eating well will keep you well ...for longer.

Choosing to eat a healthy, balanced diet is an important part of maintaining good health and help you feel your best and there is plenty of resources online to help you get started.

Find out more here about how good health can start online.



[Soc_Sq_ONLINE_7](#)

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/good-health-starts-eating-well>

Keep your children safe online by having regular conversations with them so you know what they are looking at and searching.

Tell them to speak up if something worries them and make sure they keep their login details and passwords safe.

Find out more here about how good health can start online.



[Soc_Sq_ONLINE_8](#)

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/online/mental-health>

