

# SMS:CONNECT



## A FREE, AWARD-WINNING, ONLINE SMS PROGRAMME FOR CHILDREN AND YOUNG PEOPLE LIVING WITH A HEALTH CONDITION IN SCOTLAND



Self-management means improving the relationship you have with your health and wellbeing and building your confidence and self-esteem. Our Children's Health and Wellbeing Services run a range of self-management services (SMS) Programmes. By taking part in **SMS:CONNECT** you are taking steps towards increasing your confidence and self-esteem, accessing information, and developing skills that can help you cope better with your health condition. We are offering a free online service that you can connect with at home and that will help you connect with other children and young people with health conditions.

**SMS:CONNECT** includes two online Programmes: one for children aged 9-12, and one for young people aged 13-17. Online **SMS:CONNECT** Programmes run for 6 weeks. There will be a weekly schedule of activities and support.



### SMS:CONNECT can help you build:

- ✓ Confidence and self-esteem
- ✓ Coping, communication and relaxation skills
- ✓ Opportunities for volunteering and peer mentoring
- ✓ Access to social activities
- ✓ Access to online support and resources
- ✓ Friendships with other children and young people

We would love to hear from you if you are interested in joining an **SMS:CONNECT** Programme, or you would like more information.

To find out more, please contact us:

By email: [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org) ✉

By phone: 07483 230 078 ☎



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