



Healthier Together

**NHS**

Hampshire and Isle of Wight

Not sure how  
to treat  
coughs, colds,  
scrapes and  
sniffles?

Download the Healthier  
Together app or visit:  
**[what0-18.nhs.uk](https://what0-18.nhs.uk)**

Healthier Together provides advice for parents on every common injury and illness your child or teenager might experience, including mental health problems. If you're not sure what the best way to treat something is, or whether it's time to seek help, Healthier Together has the answer.