

**We now have a text messaging service
for parents/carers of children aged 0-19.
Get advice from our public health nurses
(health visitors and school nurses).**

TEXT: 07520 615382



**Feeding and
nutrition**

**Child
development**



**Parenting advice
and support**

**Emotional health
and wellbeing**



**Behaviour
difficulties**

**Family
Health**



We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.