

TEXTHEALTH MESSAGING SERVICE

Nottingham CityCare has launched a new way for parents/carers of babies and children to get advice and support about health related issues.

Parent/carers of babies and children can send a text to: 07480 635002 or start a chat at www.chathealth.nhs.uk

We can help with all kinds of things like:

- Sleep
- Feeding
- Breastfeeding
- Bottle feeding
- Introducing solids
- Toileting
- Child health
- Adjusting to parenting
- Toddler behaviour

I am worried about my child's development.

**I'm here to help.
Whatever is worrying you,
let's talk it through.**

Your TextHealth messaging service is run by Nottingham City's 0-19 Public Health Nursing (Health Visiting and School Nursing) Service, and is available Monday to Friday, 8:30 to 5pm (excluding Bank Holidays).

We aim to reply to you within one working day and you should get an automatic reply to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

For more information go to: bit.ly/ChatHealthPrivacy