

ChatHealth is a confidential texting service for parents and carers, giving advice and support with children's physical and emotional health.

Sleeping

**Minor
Illnesses**

**Introducing
Solids**



Safety

**Toilet
Training**

**Emotional
Health**

& more....

Text your NHS Health Visiting Service on

07507 334150

Monday - Friday, 9am - 5pm (excluding Bank Holidays)



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. Text will only be seen between 9am and 5pm, Monday-Friday (excluding Bank Holidays). If you need help before you hear back from us contact your GP, nearest walk in centre or dial NHS 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.