

Healthy Family Team 0 - 19 Public Health Nursing Service

We just wanted to say a big hello and introduce ourselves. We are your local Healthy Family Team. It is our job to support your students and their families with any health and wellbeing needs.

This is what we offer:



Appointment Line

Appointment-based health sessions can be arranged by calling your local Healthy Family team.

www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support



Literature

Information about our services will be provided for students and parents.

Students in Year 9 will be invited to complete a school digital health and wellbeing questionnaire.



Advice Line

This is for parents, carers and school staff who want to speak to the Healthy Family team for advice or support

Telephone
0300 123 5436



Parentline

This is a confidential text messaging service delivered by the Healthy Family team for parents and carers.

Text
07520 619919



ChatHealth

This is a confidential texting service for 11 to 19-year-olds. It offers an easy way for young people to ask for help on a range of issues.

Text
07507 329952



Health For Teens

This website offers health and wellbeing advice and information to young people aged 11-19, promoting a healthy body and mind.

www.healthforteens.co.uk



Parentline

We now have a text messaging service for parents/ carers of children aged 0-19.

Access confidential advice from our Healthy Family Teams on a range of issues.

Text Parentline:

07520 619919

- Feeding and Nutrition
- Child Development
- Parenting advice and support
- Emotional health and wellbeing
- Behaviour difficulties
- Family Health





ChatHealth

This text messaging service is for young people aged 11 - 19.

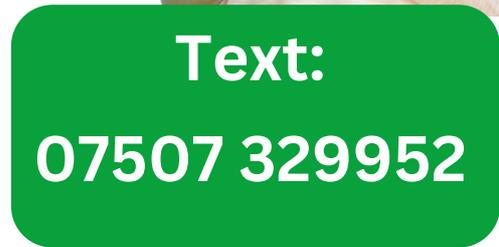
This is a confidential service run by our Healthy Family team to support young people with a range of concerns.



I am really struggling at school at the moment. I can't sleep and it's affecting my work and friendships. Can you help?



I am here to listen and hopefully together we can come up with some solutions. Tell me more.



Text:
07507 329952



Notts Healthy Family Teams

ADVICE LINE

CALL 0300 123 5436

Monday to Friday,
9am to 4.30pm

A 'single point of access'
Advice Line for parents
& carers living in
Nottinghamshire and
healthcare professionals
who want to speak to
the Healthy Family
Teams for advice or
support, covering the
0-19 years age range



HEALTH FOR TEENS



SCAN ME

WWW.HEALTHFORTEENS.CO.UK

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

ChatHealth - confidential text service

An easy way for young people to confidentially ask for help about a range of issues

HEALTHY EATING
RELATIONSHIPS
ALCOHOL & DRUGS
EMOTIONAL HEALTH
SMOKING
SLEEP
BULLYING
SELF HARM
PUBERTY
ANXIETY

Text 07507 329952 for help

Advice & support also available at:
healthforteens.co.uk/Nottinghamshire

HEALTH FOR TEENS

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

11 - 19 years old?

For free and confidential advice... send a text to:
07507 329952

You can use our ChatHealth text service to chat about feelings and emotions, changes to your body, relationships, healthy eating and bullying - we are here to help

You can also visit the Health for Teens website

For information on a comprehensive range of physical and emotional health topics for teenagers

Visit: healthforteens.co.uk/Nottinghamshire

HEALTH FOR TEENS

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

11 - 19 years old?

For free and confidential advice... send a text to:
07507 329952

Let's chat sexual health!

Our ChatHealth text service is an easy way for young people to confidentially ask for help about a range of issues

You can also visit the Health for Teens website

For information on a comprehensive range of physical and emotional health topics for teenagers

Visit: healthforteens.co.uk/Nottinghamshire

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

ChatHealth

A texting service offering 11-19 year olds confidential advice from our Healthy Family Team

ChatHealth

An easy way for young people to confidentially ask for help about a range of issues. They can also find out how to access other local services including emotional support or sexual health services

Text - 07507 329952

Available Monday to Friday, 9am - 4.30pm excluding bank holidays

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Feeling okay about myself

A healthy mind is important too, so you feel good in yourself

Visit www.healthforkids.co.uk/feelings/feeling-ok-about-myself/

www.healthforkids.co.uk

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Parentline: Confidential texting service for parents and carers

An easy way for parents and carers of children aged 0-19 years to confidentially ask for help about a range of issues

Parentline **TEXT 07520 619919**