



**Confidential help and advice for parents and carers of 0-5 years. A safe and easy way to contact your Health Visiting Team. Just send a text. 07480 635514**

From the 15<sup>th</sup> June 2020, Somerset County Council Health Visiting is launching a new mobile health service to provide help and support to parents and carers in Somerset and make it easier for them to get help and advice. ChatHealth is available Monday-Friday from 9am-4pm, automatic replies will be sent to any message received out of hours. For medical help and advice outside of these hours please contact your GP or call 111.

Anyone who cares for a child aged 0-4 can receive confidential advice from a Health Visitor on a wide range of issues such as sleep, breastfeeding, bottle feeding, immunisations and general health.

**Got a child 5-19 and looking for confidential help and advice? Just send a text. A safe and easy way to contact your school nursing team. 07480 635515**

From the 15<sup>th</sup> June 2020, Somerset County Council School Nursing is launching a new mobile health service to provide help and support to parents and carers in Somerset and make it easier for them to get help and advice. ChatHealth is available Monday-Friday from 9am-4pm, automatic replies will be sent to any message received out of hours. For medical help and advice outside of these hours please contact your GP or call 111.

Anyone who cares for a child aged 5-19 can receive confidential advice from a School Nurse on a wide range of issues health issues.

**Discreet and quick. If you're 11-19 it only takes one text to start making a difference. You'll get confidential advice from your School Nursing Team and you don't have to give your name if you don't want to. 07480 635516**

From the 15<sup>th</sup> June 2020, Somerset County Council School Nursing is launching a new mobile health service to provide help and support to young people in Somerset and make it easier for them to get help and advice. ChatHealth is available Monday-Friday from 9am-4pm, automatic replies will be sent to any message received out of hours. For medical help and advice outside of these hours please contact your GP or call 111.

Anyone aged 11-19 can receive confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses.