

ChatHealth - ChatHealth is a confidential text support service for parents, carers, families and young people in Hampshire manned by health visitors and school nurses.

There are three ChatHealth services for:

- **Parents and carers of children under 5** -Health visitors have a wealth of experience working with parents/carers, babies, toddlers and young children. They are trained to support with a wide range of health and wellbeing issues including crying babies, infant feeding, starting baby on solid foods, sleep and behaviour problems. As well as giving advice, the team can signpost to appropriate services. Text **07520 615720**.
- **ChatHealth 5-19** - The school nurse team supports parents/carers with questions relating to a wide range of health and wellbeing issues including healthy lifestyles, toileting, behaviour, sleep, emotional wellbeing and health conditions. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332417**
- **Young People aged 11-19** - School nurses support young people with questions relating to a wide range of health and wellbeing issues including self-harm, relationships, bullying, weight, anxiety, drugs, smoking, stress, body worries, alcohol and sexual health. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332160**.

Opening times: 8.30am - 4.30pm Monday-Friday (ChatHealth 0-5 is 9:00am-4:00pm) exc. bank holidays. Any text sent outside opening hours will receive an automated message with advice of where to get help if their question is urgent. Out-of-hours texts will be replied to within one working day. **For urgent medical enquires, please call 999 or 111.**