



CHAT HEALTH

Southern Health School Nursing (part of the NHS Foundation Trust) have set up a new text message advice service for parents and carers of children aged 0 – 19 years in Hampshire which will start on 1st June. They can help with all kinds of things, like:

Sleep & behaviour
Health conditions
Healthy lifestyle

Toileting

Emotional well-being
Drugs & alcohol
Staying safe

Text 07507 332417 9.00 am – 4.30 pm Monday to Thursday
9.00 am – 4.00 pm Friday

This is not an emergency service. For urgent attention please contact your GP or call 111 or 999.

They support messaging from UK mobile numbers only, which will be charged at your normal rate.