

IF YOU ARE A PARENT OR CARER

You can text a Health Visitor on

07520 631 721

We can help with all kinds of things like....

CHILD HEALTH & MENTAL
DEVELOPMENT HEALTH
ADJUSTING TO SLEEP &
PARENTING FEEDING
ROUTINES
TOILETING CONTINENCE
FAMILY HEALTH

Text us for confidential advice & support

Unless you give permission, a health visitor will not pass on anything you say to anyone else except in extreme circumstances like if the health, safety or welfare of you or someone else is at significant risk. We hold information that you tell us on electronic records that can be seen by other healthcare professionals who all follow the same confidentiality rules.