

## Public health nurse contact details

Whether your child or young person is in school or home educated, we can support with...

Continence

Sleep

Healthy  
lifestyles

Puberty

Anxiety

Mental  
health

Relationships

And much  
more



For parents/carers of 5-19 year olds in Derbyshire text us on 07312 263744

Available Monday to Friday 9am-4:30pm (except bank holidays)

We can also support young people aged 11-19 with all of the above as well as sexual health, drugs and alcohol support.



Young people aged 11-19 years in Derbyshire can text us on 07507 330025

Available Monday to Friday 9am-4:30pm (except bank holidays)



[derbyshirefamilyhealthservice.nhs.uk](http://derbyshirefamilyhealthservice.nhs.uk)



DerbysFamilyHealth

