

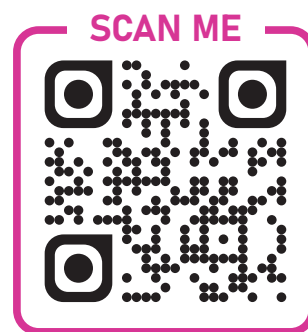
Texting advice for parents and carers of children aged 5-19 years

We can help with all kinds of things like:

- Behaviour support
- Sleep
- Bullying
- Healthy eating
- Bladder and Bowel needs (including toileting)
- Emotional health and wellbeing
- Any other health needs requiring support

Text ParentChat now on:

07312 263059



chathealth.nhs.uk/

Disclaimer:

We may inform someone if we are concerned about your safety, or that of your child, but would usually speak to you first. Your messages are stored and can be seen by other healthcare professionals, who follow the same confidentiality rules. We aim to reply within 48 hours. You should receive a message to confirm we have received your text. Texts will not be seen outside working hours. If you need support before hearing back from us, contact your GP, nearest walk-in centre or dial 111. If your child requires urgent medical support or attention, contact your nearest Accident and Emergency Department or call 999. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (this does not include messages from landlines, international mobile numbers, and some 'number masking' mobile apps). To stop receiving messages text 'STOP' to **07312 263059**. Texts are charged at your usual standard network message rate.