

Healthy Family Team Contact Details

Advice Line

0300 123 5436



ChatHealth

TEXT ONLY 07507 329952
(11-19 YEAR OLDS)



Parentline

TEXT ONLY 07520 619919



Health for U5s

WWW.HEALTHFORU5S.CO.UK



Best Start
Plus offer

CALL 01623 484829



Health for Kids

WWW.HEALTHFORKIDS.CO.UK



Health for Teens

WWW.HEALTHFORTEENS.CO.UK



www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams



Instagram

<https://www.instagram.com/nottshealthyfamilyteams/>



Facebook

<https://www.facebook.com/NottsHFT/>



X (Twitter)

<https://x.com/NottsHFT>



HFT website

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>



HFT

HEALTHY
FAMILY
TEAMS



**Healthy
Family
Teams
website**



www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams



**Health for
Under 5s
website**

healthforunder5s.co.uk/nottinghamshire/



**ChatHealth
text service
(11-19
years)**

www.nottinghamshirehealthcare.nhs.uk/healthy-families-chathealth

**Health
for Kids
website**



healthforkids.co.uk/nottinghamshire/

**Parentline
text
messaging
service**



www.nottinghamshirehealthcare.nhs.uk/parentline



**Health for
Teens
website**

healthforteens.co.uk/nottinghamshire/



**Breastfeeding
& infant
feeding
support**

www.nottinghamshirehealthcare.nhs.uk/infant-feeding

**Notts
Healthcare
NHS
website**



www.nottinghamshirehealthcare.nhs.uk/

ChatHealth confidential text service



An easy way
for young
people aged
11-19 years
living in
Notts to
confidentially
ask for help
about a
range of
issues



healthforteens.co.uk/nottinghamshire

HEALTH:TEENS



Healthy Family Teams website:
rebrand.ly/HFT



Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. Texts will only be seen Monday to Friday from 9 am - 4.30 pm (excluding bank holidays and weekends). If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masking mobile apps). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.

ChatHealth

HFT

HEALTHY FAMILY TEAMS

NHS

Nottinghamshire Healthcare
NHS Foundation Trust



Our websites:

Health for
Under 5s

For healthy happy
early years

www.healthforunder5s.co.uk

NHS
Nottinghamshire Healthcare
NHS Foundation Trust



Health
for **Kids!**

Activities

Games

Quizzes

www.healthforkids.co.uk

NHS
Nottinghamshire Healthcare
NHS Foundation Trust



HEALTH FOR TEENS

EVERYTHING YOU WANTED TO KNOW ABOUT
HEALTH RELATIONSHIPS FEELINGS LIFESTYLE GROWING UP
BUT DIDN'T WANT TO ASK

WWW.HEALTHFORTEENS.CO.UK

NHS
Nottinghamshire Healthcare
NHS Foundation Trust



www.instagram.com/
nottshealthyfamilyteams



twitter.com/NottsHFT

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams