

TEXT + CONNECT

NHS

Parents and carers: we're here for you

Text your question or concern and get confidential advice and support from a health visitor or school nurse.

Support with:

- Behaviour
- Emotional health and wellbeing
- Friendships and bullying
- School worries and exam stress
- Relationships
- Sleep
- Other health and wellbeing questions

Text us •••

07507 329908

Monday to Friday, 9.00am - 5.00pm

wchc.nhs.uk/text

Text+Connect is confidential, anonymous and non-judgemental

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ChatHealth

0-19+ Cheshire East