

For healthy happy early years

A wealth of information and advice from health professionals,
supporting families from pregnancy through to pre-school



www.healthforunder5s.co.uk

Follow us: Nottinghamshirehealthcare @NottsHealthcare

Text the Healthy Family Team for confidential advice and support:

07520 619919

Or ring our advice line to speak to a member of the Healthy Family Team:

0300 123 3387

Option 4

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.