

North East
Lincolnshire
Council's

**Health
Visiting
Service**

ARE YOU A PARENT OR CARER of children aged 0 - 5

Advice when you need it most.

We're on hand to offer confidential advice from professionals, when you need it most. We can help with lots of common issues like:

**Toileting, breastfeeding,
child health, feeding, sleep,
behaviour and more**



Message us for confidential advice from a professional health visitor

07507 329910

Or enter your location on chathealth.nhs.uk to start talking

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. 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 prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

