



Our Health Visitors, School Nurses and Family Nurses are always here for you

During this period of national coronavirus pandemic we are still able to support children and families with:

- Advice for parents and young people from a local Health Visitor or School Nurse through our dedicated advice lines
- Confidential text service 'CHAT Health' for young people from a School Nurse and parents from a Health Visitor
- Supporting all mothers with caring for a new baby during the early weeks, including breastfeeding
- Emotional health and wellbeing support for children and young people
- Antenatal support for mums where extra support is needed
- Family Nurse Partnership support for young mothers known to us
- Working throughout in partnership with social care colleagues to support families
- Helping you with sleep, behaviour, toileting, feeding and the effects of Coronavirus on the family
- Sexual health advice for young people from School Nurses

Contact details to access these services, which are available Monday to Friday between 9am and 5pm, are:

Shropshire:

- Telephone advice: **0333 358 3654**
- CHAT Health text confidential service for school age children: **07507 330346**
- CHAT Health text, confidential parent line: **07520 635212**

Telford & Wrekin:

- Telephone advice: **0333 358 3328**
- CHAT Health text, Confidential service for young people: **07520 619051**
- Chat Health text, Parent line 0-5 years: **07520 619053**

