

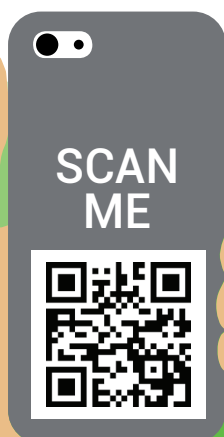
# Confidential help and advice for parents & carers of under 5s

Infant feeding &  
nutrition

Parenting & child  
development

Oxytocin, bonding  
& attachment

A safe & easy  
way to contact your  
Health Visiting Team



Just send a text  
or scan me

**07480 635 514**

Improving  
LIVES

**Disclaimer:** This is not an emergency service; it operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the Health Visiting Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the Health Visitor has a duty of care to act on this and may escalate the concern.