

Services to access if required.

- Parentline **07520 619919** – Healthy Family Teams confidential **texting service** to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.
- Chat Health **07507 329952** - this is a confidential **texting service** for 11 to 19 year olds in Nottinghamshire Healthcare NHS Trust.
- ChildLine 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Kooth - [www.kooth.com](http://www.kooth.com) - this is an online counselling service.
- Health4teens - [www.healthforteens.co.uk](http://www.healthforteens.co.uk) - this is an NHS site supporting young people around emotional wellbeing.
- Health4kids – [www.healthforkids.co.uk](http://www.healthforkids.co.uk) – this is an NHS site supporting young children and parents.
- Notts Help Yourself – [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) – this is a site for advice, information and local services available.
- CAMHS crisis team - Tel 01158542299 or 01158440560 or email [CAMHSCrisisTeam@nottshc.nhs.uk](mailto:CAMHSCrisisTeam@nottshc.nhs.uk)
- Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Reminder**

- Recap – if you are already signed up to this service or if you would like to be signed up please discuss this through the HFT advice line. All you will need is your email address.