

NEED HEALTH ADVICE?

WE CAN HELP

From 20th March 2017

Just one number

**Children &
Young People's**
Health Services
NORFOLK

0300 300 0123

Are you 11 – 19 years old living in Norfolk and need someone to talk to, or the parent/carer of young people?

You can speak to a School Nurse or any other member of our integrated Healthy Child Programme services for advice or information. We're here to help!

8.00 am – 6.00 pm Monday – Friday, 9.00 am – 1.00 pm Saturday

And don't forget, if you're 11-19 you can also access confidential advice and support from our school nurses via the ChatHealth text messaging service on 07480 635060.