



We are your local  
**Healthy Family Team**



It is our job to support you with your health and wellbeing needs.

## This is how we can support you:



### Appointment Line



To book an appointment  
contact the team:  
[www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support](http://www.nottinghamshirehealthcare.nhs.uk/healthy-families-additional-support)



### ChatHealth

Text messaging support  
service.

**Text 07507 329952**



### Health For Teens



A website for health and  
wellbeing advice and information  
for young people.

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)



For urgent health advice outside of our working hours please telephone 111 or contact your GP practice.

