

FOR PARENTS/CARERS

Services for parents and carers: Information for parents and carers of 5-19 year olds

Did you know you can still get help from our school nursing team over the Christmas holidays?

You can send a text for advice about your child or teenager on all kinds of issues, like emotional health, keeping healthy, bedwetting, sleep, bullying, keeping safe, growing up, dental health or support with medical conditions in school.

It's available over the Christmas holidays **Monday-Friday 9am-5pm excluding bank holidays** (with automatic bounce-back responses to incoming messages out of hours).

The text number for this is 07520 631 130 Or visit www.chathealth.nhs.uk and search **Lambeth or Southwark** to start a chat.

