

# School Nursing Text Message Advice Service

Advice for parents and carers of children 5-19 in Hampshire

We can help you with all kinds of things, like:

Sleep &  
Behaviour

Healthy  
Lifestyle

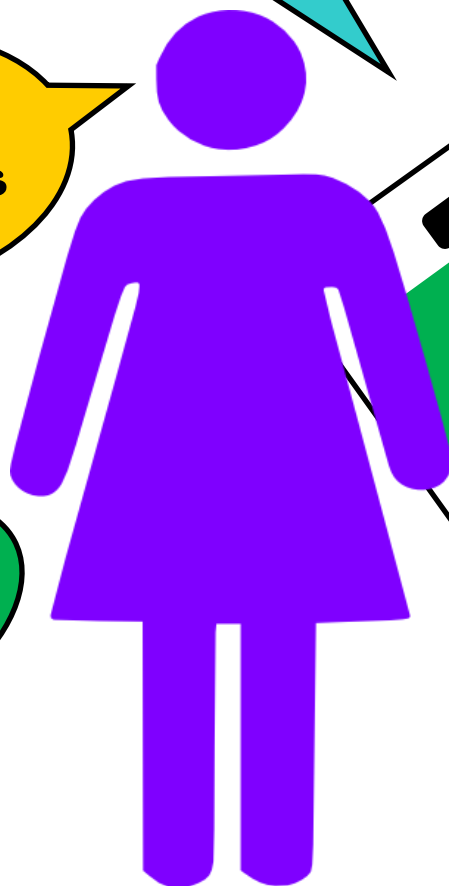
Toileting

Emotional  
Well-being

Staying  
Safe

Health  
Conditions

Drugs &  
Alcohol



**THIS IS NOT AN EMERGENCY SERVICE**

For urgent attention please contact your GP or call 111 or 999

We support messaging from UK mobile numbers only, which will be charged at your normal rate.