



Healthy Together is a public health programme for children and young people aged 0-19 and their families across Leicester, Leicestershire and Rutland, provided by Leicestershire Partnership NHS Trust alongside some partner organisations.

Healthy Together includes public health nursing services (previously known as health visiting and school nursing), giving families the care they need including early help if necessary.

You can text a Healthy Together public health nurse for confidential advice about parenting, your child's behaviour, child development, emotional health and wellbeing, or just for general queries about your child's health.

In Leicester text: 07520 615381

In Leicestershire and Rutland text: 07520 615382

For urgent medical attention you should contact your GP, call 111 or 999.



ChatHealth operates Monday-Friday from 9am until 5pm (excluding bank holidays). During this period messages are responded to within 24 hours. Outside these times, users receive a 'bounce back' text message indicating that they will receive a response when the line re-opens.



If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.



Leicestershire Partnership
NHS Trust



Extra support when you need it

Help with for example:

- behaviour problems
- sleeping difficulties
 - breastfeeding
 - diet and nutrition
- delay reaching milestones
 - long term conditions
 - anxiety
 - self-harm

Bumps to Babies

- antenatal visit
- new birth visit
- 6-8 week contact

Contact at:

- 4 months (group)
- 1 year
- 2 - 2½ years

Digital questionnaire to help assess children's health needs before they start school

National child measurement programme reception and year 6

Health and wellbeing online assessment

- year 7
- year 9
- year 11

Support for:

- behaviour problems
- children in need
- complex needs
- travelling families
- looked after children

Early Start: intensive home visiting for some families

Packages of care delivered with partner agencies in line with a family's needs

Support for all families at each development stage

Healthy Together

www.healthforteens.co.uk

www.healthforkids.co.uk

www.healthforunder5s.co.uk

(Launching September 2017)

Health for Kids!

Health for Under 5s

HEALTH & TEENS