CityCare

We have changed the way that you can contact the Children's 0-19 Public Health Nursing service in Nottingham.

You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development.

0300 300 0040

Opening hours 8.30am to 5.00pm

We can also help you with booking or changing appointments.

If you would rather send us a text message, you can use our Text Health messaging service.

Text Health Messaging Service

We provide a confidential text service for parents and caregivers

Whatever is worrying you, let's talk it through

Text a Public Health Nurse on:

074806 35002

If you are worried that your child is unwell, please contact your doctor, visit an NHS walk-in centre, or call NHS 111. **If it is an emergency, dial 999 or take your child to your nearest hospital Emergency Department.**