



April 23rd 2020

Dear parents and carers

Useful Healthy Families Key Contacts Gedling Chat Health and Parentline Update

Hope you are all well and staying safe. I wanted to share this useful local information with you. The Healthy Families Team are currently working from home as directed by Government guidance. However they are still operating a service for Families. The key things to note are as follows:

The Healthy Families Team in Gedling can be contacted: [On the Advice line Mon-Fri 9am-4:30pm Tel: 0115 8834661 and 0115 8834663](tel:01158834661)

ChatHealth - confidential text service

During these unsettling times, a young person, may be worried about health and well-being and be unsure about how to get the help needed.

The ChatHealth text service, provided as part of the Healthy Families Programme, is an easy way for young people to confidentially ask for help about a range of issues. They can also find out how to access other local services including emotional support or sexual health services.

Chathealth will be operational during the Covid-19 outbreak. Key partners may wish to signpost young people to the service: **[The ChatHealth number to text is 07507 329952](tel:07507329952)**

Parentline - a confidential texting service for parents and carers

During these unsettling times, parents and carers may have health and well-being concerns about their baby or young child and be unsure how to get the help needed. Parentline is a confidential text messaging service for parents and carers across Nottinghamshire.

The texting service is an easy way for parent and carers of children aged 0 – 19 years to confidentially ask for help about a range of issues.

Parents and carers can contact the text messaging service for advice from Monday to Friday 9.00am - 4.30pm excluding bank holidays. Messages sent to the dedicated number are delivered to a secure website, and responded to by the Healthy Family Team. Texts are usually replied to within one working day. Automatic replies will be sent to any messages received out of hours explaining where to get help if their question is urgent, and when they can expect a response: **[Text Parentline on 07520 619919.](tel:07520619919)**

[Monday to Friday 9.00am - 4.30pm excluding bank holidays](tel:07520619919)

[New Nottinghamshire Healthcare Trust mental health helpline to support people in crisis open to people of all age groups](tel:03003030165)

Nottinghamshire Healthcare Trust has launched a new mental health helpline (Friday 10 April) for local people in crisis. **[The helpline number is 0300 303 0165](tel:03003030165)**

The helpline is available to anyone in mental health crisis at anytime, anywhere across Nottingham and Nottinghamshire. Available 24 hours a day, seven-days a week, it's the number to call if you are experiencing a mental health crisis and need immediate help. **[It's open to people of all ages who need urgent mental health support.](tel:03003030165)**

Arnold Hill Academy is part of the Spencer Academies Trust

Registered office: Arthur Mee Road, Stapleford, Nottingham NG9 7EW

The company's registered number is 7353824



The helpline has been launched as part of the NHS Long Term Plan's investment in Mental Health Services. It is the 'first port of call' for anyone experiencing a mental health crisis and removes the need for those people to seek help via hospital.

Many thanks,

Steve Taylor
Vice Principal