

# Parentline

A confidential text messaging advice and support line for Bedfordshire parents and carers of children aged 0-19.

**Text: 07507 331456**

Parenting advice and support    Sleep    Contenance

Immunisations    Mental health    Minor illness

Speech    Behaviour    Temper tantrums

Infant feeding    Diet & exercise

Child development    Parenting

and much, much more....

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we've received your text. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To find out what we do with your information, please internet search: "NHS CCS privacy notice" or use this link [bit.ly/nhsprivacynotice](http://bit.ly/nhsprivacynotice). Prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

