



NEED HEALTH ADVICE?

WE CAN HELP

From 20th March 2017

Just one number



0300 3000 0123

Are you 11 - 19 years old living in Norfolk and need someone to talk to, or are you the parent/carer of young people?

You can speak to a member of our Health Team for advice or information. We're here to help!

8.00 am - 6.00 pm Monday - Friday, 9.00 am - 1.00 pm Saturday

And don't forget, if you're 11-19 you can also access confidential advice and support via our ChatHealth text messaging service on 07480 635060.