

JustOneNorfolk.nhs.uk

The new 'go to' health website for Norfolk families. The site features advice and information on childhood illnesses, healthy lifestyles, emotional health, staying safe, child development and additional needs. JustOneNorfolk.nhs.uk uses videos and animations to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences. Anyone can create an account and complete a health questionnaire to help them gain skills and knowledge.



PAM Health Questionnaire

Who is it for?
Norfolk Parents & Carers

What is it?
A online health questionnaire which will help you to think about your knowledge, skills and confidence in understanding and supporting your child or unborn baby's health. The results of this can help us to support you in setting your goals and priorities in a way that is right for you and your family.



ReciteME - accessibility

Change the colours
Ruler
Screen Mask
Dictionary
Select Language
Enable/Disable Text Mode
Download Audio File
Magnifying Glass

Who is it for?
Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility.

Just one Number

0300 300 0123

Who is it for?
Young people, parents, carers and professionals in Norfolk.
Phone lines are open Monday to Friday 8am - 6pm and Saturday 9am - 1pm

What is it?
A single point of access to get in contact with the Norfolk Healthy Child Programme. The Just One Number team can help you make or change an appointment, give you clinical advice and information, help you with referrals and connect the right people with the right services.

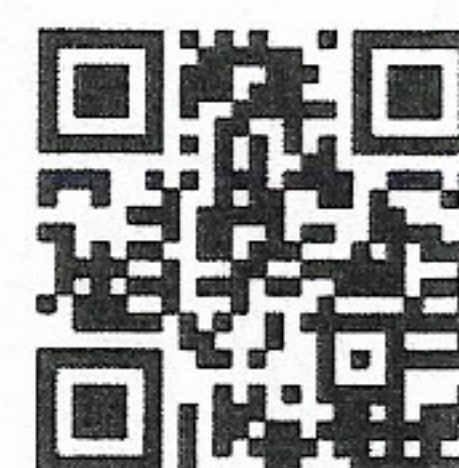


Parentline

07520 631590

Who is it for?
Norfolk parents and carers of 0 -19 year olds.
Monday - Friday 8am-6pm Saturday 9am-1pm

What is it?
A text message advice service for Norfolk parents of 0-19 year olds. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer health related advice.



ChatHealth 07480 635060

Who is it for?
Anyone aged 11-19 living in Norfolk.

What is it?
A confidential text message advice service. Young people can ask for advice about contraception, mental health, bullying, alcohol, self harm, healthy eating, drugs, sex and smoking. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer advice and support.



16 - 19 Health App

Who is it for?
Anyone aged 16 - 19

What is it?
A new app for young people aged 16 - 19 years old. The app has advice on a range of topics including sexual health, drugs, mental health and travel safety. Young people can also access their own GP health record using Evergreen life. Free to download from the app store or Google Play.

