



A text Messaging Advice Service

Advice for parents/carers and young people in Portsmouth

Do you need help/support with:

Continence
day/ night
wetting

General
health
questions

Healthy
lifestyles

Healthy
weight

Sleep

Emotional
health and
wellbeing

Constipation
and soiling

Fussy eating

Healthy
relationships

Text Solent Pulse on 07491163276 (School Nursing Service) to get advice from a qualified Nurse.

For more information visit www.what0-18.nhs.uk/solent