

Just One Norfolk

OPEN
24/7

NHS
Approved

FREE

A child health digital resource built by Norfolk families and the NHS. There is an encyclopaedia of vibrant information and interactive tools created to empower families with the skills, knowledge and confidence to manage their health.

JustOneNorfolk.nhs.uk is FREE with no subscriptions required, giving you the latest health advice that is quick and easy for you to understand and more importantly use.

Visit: www.justonenorfolk.nhs.uk

Covid-19 FAQs

Quick fire content that takes frequently asked questions from Just One Number and combines it with the most up to date accurate information and repackages it into a set of easy to read web pages.

www.justonenorfolk.nhs.uk/covid-19-coronavirus-faqs

Talking and playing with children is essential to their development. These web pages include interactive tools and information about communication, activities to help development and strategies to support older children.

www.justonenorfolk.nhs.uk/childhood-development-additional-needs/talk-play

Talk and Play

Emotional Health

The emotional health section covers children of all ranges and even has content created specifically for parents and carers. Looking at all aspects of emotional health, from dealing with feelings such as anger and low mood, through to promoting a healthy lifestyle for whole body health.

www.justonenorfolk.nhs.uk/emotional-health