

A New Way to Access the healthpoint Service – ‘healthtext’

The NHS Grampian *healthpoint* service offers free confidential information and advice for anyone with a question regarding their health.

Our trained health advisors are here to help you with information and advice on a wide range of health related issues:

- Practical ways to improve your health
- Information about health conditions
- Access to support groups and organisations
- Long term conditions, e.g. Diabetes, Asthma
- Information on your health concerns
- How to access NHS services
- Employment within the NHS
- Access to free condoms
- Access to smoking cessation services

We work hard to achieve our aim of ensuring that the *healthpoint* service is accessible to everyone across Grampian. ‘*healthtext*’ will run alongside, our walk in *healthpoints*, *healthline* and healthpoint@nhs.net. ‘*healthtext*’ offers an easy way to contact a trained health advisor for those who do not have access to the walk-in *healthpoints*.

Clients looking for advice should text the word ‘**Info**’ to **82727** and a *healthpoint* advisor will call them back during office hours to discuss their enquiry. Your enquiry could be about:

- Getting more information about a long term condition such as COPD, heart disease
- Information and advice about stopping smoking
- Support available across Grampian ranging from benefits entitlement to specialised exercise classes.

Texts are a standard network charge and all calls are made in the strictest of confidence.

The *healthpoint* service can be contacted by:

- Calling the free *healthline* 0500 20 20 30
- Emailing healthpoint@nhs.net

Or by dropping into one of our local walk in *healthpoints* across Grampian at:

- Aberdeen Indoor Market
- Aberdeen Royal Infirmary Concourse
- The Hot Spot, 1-3 Kirk Street, Peterhead
- Dr Grays Hospital, Elgin

healthtext offers information and advice on a wide range of health issues, so if you have a query, would like more information or advice, text 'Info' to 82727 to speak to a trained health advisor today!