

# Just Ask

This enquiry line is for our parents, carers, children, young people, and those who work with them.

**The phone line is  
open on Tuesdays  
and Thursdays from  
1pm - 4pm**

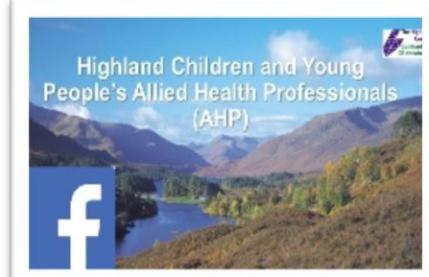
Staff usually available are:  
Dietitians, Educational Psychologists,  
Occupational Therapists,  
Physiotherapists,  
Primary Mental Health Workers,  
Speech and Language Therapists,  
School nurses, Pre- school home  
visiting teachers,  
Autism Practitioner,  
Community Learning Disability  
Nurses.



Information on Early help for Highland children –  
development, learning, play & fun



<https://bumps2bairns.com/>



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