

If you're 11-19 and have concerns, text the young person's ChatHealth helpline and get confidential support from your lechyd Da and school nurses

07507 327126*



Emotional Health & Wellbeing
anxiety, anger, low mood & panic attacks

Relationships

Bullying & Cyber Bullying

Self-Harm

Healthy Eating

Changes to your Body

Sexual Health & Contraception

Alcohol, Smoking & Drugs

**Anything else that
involves your health**

*8.30am-4.30pm Mon-Fri, excluding bank holidays

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce back to confirm we have received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate