



Emotional Health
Relationships
Sexual Health
Drugs
Smoking
Alcohol

Got a concern?

If you're 11-19

it only takes one text to
start making a difference

You'll get confidential advice from your
School Nursing Team and you don't have
to give your name if you don't want to.

Just send a text or scan me

07480 635 516



Disclaimer. This is not an emergency service; it operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

**Improving
LIVES**