ChatHealth

12:00

ChatHealth Nurse
07480 635517

If you're aged 11 to 19 (year 7 and above) and you want to talk about:

Problems with friends or family 👎

Relationships ❤️

If you are feeling sad or angry 😢 😡

Bullying 🚫

Drinking alcohol, or smoking 🍷 🍺 🚬

Changes to your body 🔍

You can ask about anything 🙂 ➤

Text your ChatHealth Nurse in the 0-19 Team for confidential advice and support on 07480 635517

We do not usually inform your parents, teachers or anyone else if you contact the ChatHealth 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 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 ChatHealth 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.

Ref: 1958_JUL2020

Wellbeing for life