ChatHealth Messaging Service

Text your school nurse

During these unsettling times, as a young person, you may be worried about your health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Young people aged 11-19 years old can send a text to:

07507332160

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by **Southern Health NHS Foundation Trust** and is available 08.30 – 16.30 on Monday to Friday.

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 you GP, NHS 111 or dial 999 if it is an emergency.