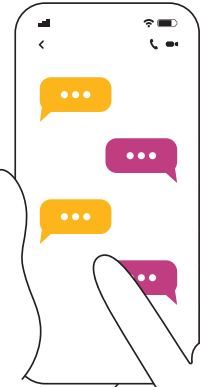


11-19 years old?

We offer ***free and confidential** advice and support for any health concerns or worries.



Send a message to:

✦ **07507 333 176**

Receive an answer within one working day from a qualified school nurse. **Monday to Friday, 9am-4.30pm.**

Message **07507 333 176** for
*free and confidential support and
advice on health concerns, such as:

- > Emotional health and wellbeing
- > Self-esteem and friendships
- > Relationships and sexual health
- > Healthy eating and exercise
- > Sleep concerns
- > Body image
- > Stress

Receive an answer within one working day from a qualified nurse.
Monday to Friday, 9am-4.30pm. No service on bank holidays.

*Messages are charged at your usual rates. The service is confidential, but we might have to inform someone if we are concerned about your safety, and we would speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you will get an immediate message to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or picture messages. We support messaging from UK mobile numbers only (not from landlines, international mobile numbers and some "numbers masking" mobile apps). To prevent the school nurse from sending messages to you, text STOP to our number.