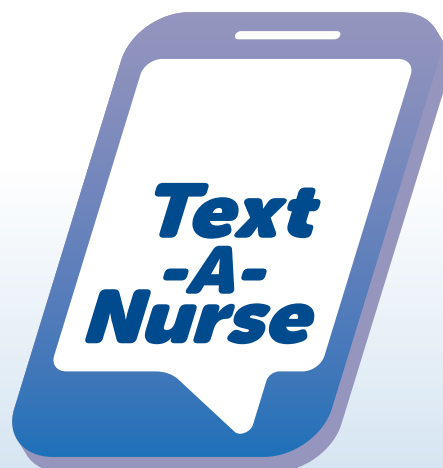


# Text-A-Nurse to chat about your health concerns



**If you are aged 11-19 and are worried or concerned about any aspect of your health and wellbeing send a text to**

**07507 327263**

**and chat in confidence with a school nurse.**

**We are here to help and can offer advice around many health issues including:**

Emotional Health & Wellbeing

Self-Harm

General Health

Drugs

Stress & Anxiety

Bullying

Body Image

Alcohol

Sex & Sexuality

Contraception

<https://pha.site/textanurse>



We do not usually inform your parents, teachers or anyone else if you text the school nurse. We might inform someone else if we are concerned about your safety. Your messages are stored securely and can be seen by other members of the healthcare team who follow the same confidentiality rules. We aim to reply to you within one working day and you should receive an immediate bounce-back to confirm we have received your text. Texts will not be seen outside of normal working hours (9am-5pm, Mon to Fri) If you need help before we get back to you contact a member of the school staff or your doctor. Our text service does not receive voice calls or MMS picture messages. We support messages from UK mobile numbers only. (this does not include messages sent from landlines, international mobile numbers and some number masking mobile apps) Prevent the school nurse from sending you messages by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.