



**Parents, Carers**

**& School Staff**



**Text-A-Nurse to chat about concerns regarding a young person's health**

**If you are worried or concerned about any aspect of a young person aged 11-19's health & wellbeing send a text to**

**07312 277418**

**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>



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We do not usually inform anyone if you text a school nurse however we might inform someone else if we are concerned about a young person's 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 the young person needs help before we get back to you seek medical advice. 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. Messages are charged at your usual rate.



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