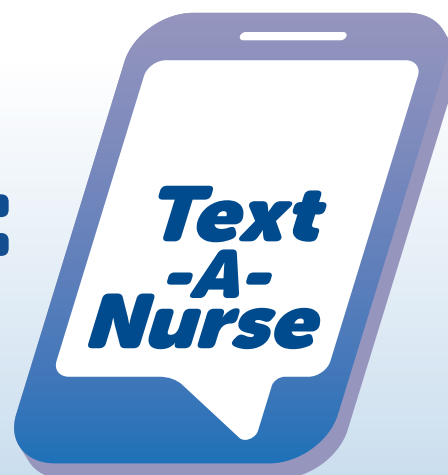


Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

Or visit www.chathealth.nhs.uk to start a chat