

HEALTH TEENS

TEXT YOUR SCHOOL NURSE FOR

CONFIDENTIAL HEALTH ADVICE AND SUPPORT:



07480 635 050

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING RELATIONSHIPS SEX EMOTIONAL HEALTH BULLYING SMOKING SELF HARM CONTRACEPTION ALCOHOL & DRUGS

YOU CAN ALSO VISIT:

HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH

INFORMATION, TAKE QUIZZES, JOIN

WEBCHATS AND FIND OUT THE

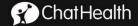
TRUTH BEHIND THE RUMOURS.



@HEALTHFORTEENS1

#HEALTHFORTEENS







We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your cafety, but we would usually 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 should get an immediate bounce-back to confilm 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 a member of school staff or your doctor. Our text number supports UK mobile numbers only and does not receive