



### **Chat to a nurse this summer**

Taking the first steps in seeking help for your health and wellbeing can be tough. If there is anything you want to talk about during the summer holidays, contacting a friendly school nurse through the ChatHealth text service is a great place to start.

If you're aged 11-19 and need a bit of advice, NHS school nurses are here to help you with issues like emotional health, relationships, self-harm, bullying, alcohol, healthy eating, drugs, smoking and more.

Text **07507 332160**.

The service is manned Monday-Friday 8.30am-4.30pm. If you text outside of these times, you will receive a reply within 24 hours. A simple text will open the door to confidential advice, support, or signposting, to make sure you get the right help. Our website [Health For Teens | Everything you wanted to know about health](#) was created by and for young people to empower you to learn and take ownership over your own health and wellbeing, physically and mentally.

Southern Health NHS Foundation Trust

