

**If you're aged 11 – 19 text your
school nurse
9am – 5pm
Monday to Friday**

07507 329 951



if you want to talk about

Problems with
friends or family

Relationships

If you are feeling
sad or angry

Bullying

Drinking alcohol
or smoking

Changes to
your body

Anything else



**Children and
Family Health
Surrey**



ChatHealth

- **How Chat Health works**
- Our school nursing team responds to texts within one working day.
- **Chat Health operates Monday to Friday 9am – 5.00pm (excluding bank holidays). Out of these opening times, anyone who texts Chat Health will receive an automated message with advice on where to get help if their question is urgent.**
- **The Chat Health text number is: 07507 329 951.**
- **Chat Health runs alongside our normal school nursing service. Young people can continue to contact their school nurse in person or by telephone.**