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

07507 329 951

ChatHealth

Children and Family Health Surrey

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

NHS
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.**