



Aged 11-19?

Text your friendly School Nurse for confidential advice and support.

Chat about feelings and emotions, bullying, body image, relationships, healthy eating and much more.

Send a text Monday - Friday,
9.00am - 5.00pm:

07507 329908

For more information visit
wchc.nhs.uk/chathealth

ChatHealth is confidential,
anonymous and
non-judgemental.



With you all the way