ChatHealth

NHS
Humber Teaching
NHS Foundation Trust

Are you aged 11-19?

Would you like confidential support and advice?

Text

07312263199

The School nurses can help you with all kinds of things like.....

Relationships, vaping, drugs, sexual health, smoking, sleep, alcohol, health and wellbeing, healthy lifestyles

Just Text
'hello'
its that simple and we will do the rest

No question too big or too small

Scan the QR code or type in the number

We might inform someone if we are concerned about your safety but we would speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will not be seen outside working hours. If you need help before you hear back from u s, contact your GP, nearest walk in centre or dial 111. Our text number does not received voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers, and some 'number masking' mobile apps). To prevent the health professional form sending messages to you, text STOP to our number. Messages are charged at your usual rate.

Caring, Learning & Growing Together

PRODUCED IN COLLABORATION WITH LIVED EXPERIENCE