

TEXTHEALTH MESSAGING SERVICE

Nottingham CityCare has launched a new way for young people to get advice and support about health related issues.

Young people aged 11-19 years old can send a text to: 07480 635024 or start a chat at www.chathealth.nhs.uk

We can help with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

**I am worried about my health,
can I talk to a School Nurse?**

**I'm here to help.
Whatever is worrying you,
let's talk it through.**

Your TextHealth messaging service is run by Nottingham City's 0-19 Public Health Nursing (School Nursing and Health Visiting) Service, and is available Monday to Friday, 8:30 to 5pm (excluding Bank Holidays).

We aim to reply to you within one working day and you should get an automatic reply to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

For more information go to: bit.ly/ChatHealthPrivacy