

11—19 years old?

Did you know you can text your school nurse for confidential help and support?

07507 334357



SMOKING

BULLYING

**SELF
HARM**



ALCOHOL

DRUGS

RELATIONSHIPS

We do not usually inform your parents or anyone else if you contact our nurses. We might inform someone if we were concerned about your safety, but we would usually 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 bounceback to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a professional or your doctor. Our text number does not receive 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 numbers masking mobile apps). To view our NHS privacy notice please internet search "NHS CCS Privacy Notice". Prevent our nurses from sending messages to you by texting STOP to our number.