

IF YOU'RE 11-19 YEARS OLD  
TEXT YOUR SCHOOL NURSE  
07520 615733

WE HELP YOUNG PEOPLE  
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS  
MENTAL HEALTH ALCOHOL HARM  
BULLYING SELF HEALTHY EATING  
DRUGS SMOKING

*Text us for confidential advice & support*

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. 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 bounce-back 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 member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.

WEST ESSEX VERSION