

'Text-a-nurse' service for young people



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A new "text-a-nurse" service has been launched by the Department of Health.

- The service aims to provide a secure and confidential text messaging service for young people aged 11-19, which will allow you to easily and anonymously get in touch with a school nurse for advice and support about your physical, mental and emotional wellbeing.
- The service is available 9am to 5pm during the week in both term time and school holidays.
- **The number is 07480 635984**

School nurses can provide help on a range of issues including:

- Emotional health and wellbeing
- Alcohol and drugs
- Sexual health
- Bullying
- General health issues

These are difficult times and it is important that you know that you can speak to someone confidentially about your worries or concerns.