ChatHealth

NHS
Berkshire Healthcare
Children, Young People and Families services

Aged 11-19?

Need some advice?

We can help with all kinds of things like:

- Relationships
- Healthy eating
- Drugs & alcohol
- Anxiety
- STRESS
- Low mood
- Bullying
- Self-harm
- Body changes
- SMOKING
- Sleep

Text a school nurse

for confidential advice and support

07312 263266

cypf.berkshirehealthcare.nhs.uk

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 message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. 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 'number masking' mobile apps). 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 rate.

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