ChatHealth

NHS
Berkshire Healthcare
Children, Young People and Families services

Do you have a 5-19 year old?

We can offer advice and support on many topics like:

- ✔ Sleep
- ✔ Behaviour
- ✔ Bullying
- ✔ Parenting
- ✔ Healthy eating
- ✔ Bedwetting
- ✔ Dealing with medical conditions in school
- ✔ Emotional health & wellbeing

Text a school nurse

for **confidential advice** and **support**

07312 263194

cypf.berkshirehealthcare.nhs.uk

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 health care 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 have 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 your GP, nearest walk in centre or dial 111. 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). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

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