


Hi!

**We are still here for you.**

The School Nurses are still here to support you with any health questions or worries you have.



Bedfordshire  
Community  
Health Services

NHS

# Need to talk?

Are you aged  
11 - 19?

Healthy Lifestyles

Drugs/Alcohol

Sexual Health

Emotional Wellbeing

Bullying


Smoking

Healthy Relationships

Designed by Andrea  
aged 10

**Text your school nurse on  
07507 331450 (Beds)**

Messages are charged at your usual rate  
Text messages will be answered between 9am and 4.30pm (Mon to Fri)

 ChatHealth

Confidentiality and safety disclaimer

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 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 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 'number masking' mobile apps). To find out what we do with your information, please visit NHS CCS privacy notice. Prevent the school nurse from sending messages to you by texting STOP to our number.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

**ChatHealth is our confidential text messaging service**

**9.00am - 4.30pm Monday - Friday**

**Your messages are answered by a School Nurse and we are here to listen to you.**

**We are here in the school holidays too.**

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust