



## **MERRY CHRISTMAS FROM YOUR SCHOOL NURSING TEAM!**

Did you know you can still get help from our school nursing team over the Christmas holidays?

You can send a text via ChatHealth for confidential and anonymous advice on all kinds of health issues, like emotional health, sexual health, bullying, healthy eating and any general health concerns.

It's available over the Christmas holidays (with automatic bounce-back responses to incoming messages out of hours).

Look for more information around school/college.

The text number for this is **07480635423**.

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat.

A promotional banner for ChatHealth. The top section is red with the ChatHealth logo on the left and the NHS logo on the right. Below this is a photograph of a snowy winter scene with trees and warm, glowing lights. The bottom section is red with white text.

**ChatHealth** **NHS**

**Your School Nurse is  
still here to help  
over the festive season**

Start a chat at [chathealth.nhs.uk](http://chathealth.nhs.uk)

We are still here to help, even during the Christmas holidays, apart from Bank Holidays and weekends.

Our opening hours are 9 am – 4.30 pm  
(Closing early 3.30 pm on Christmas Eve and New Year's Eve)