

Let's Chat!



Friendships & Relationships

Are you worried about your health or wellbeing?

ChatHealth is a private TEXT service for 11-19 year olds in Bedfordshire & Luton



Bedfordshire: 07507 331450



Luton: 07520 616070

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

- **Healthy relationships**
- **Peer pressure**
- **Separation & loss**
- **Boundaries**
- **Friendships**
- **Managing drama/conflict**



You can text our school nurses to ask any health related questions, including:

Feelings & Emotions

Healthy Eating

Social Media

Safe Sex

Physical Wellbeing

Growth & Development

Drinking & Drugs

Find out what else our School Nursing team can help with.

Visit: bit.ly/5-19secondaryinfo



Scan the QR code



ChatHealth