

Let's Chat!



Feelings & Emotions

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.

- **Anger**
- **Anxiety**
- **Negative thoughts**
- **Understanding feelings**
- **Managing emotions**
- **Exam stress**



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

Friendships & Relationships

Physical Wellbeing

Social Media

Safe Sex

Healthy Eating

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