

Let's Chat!



Social Media

**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.

- **Time management**
- **Safety**
- **Exploitation**
- **Sexting**
- **Online bullying**
- **Gaming**



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

Friendships & Relationships

Physical Wellbeing

Growth & Development

Safe Sex

Healthy Eating

Feelings & Emotions

Drinking & Drugs

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

Visit: bit.ly/5-19secondaryinfo



Scan the QR code



ChatHealth