

# Let's Chat!



## Healthy Eating

**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.

- **Eat well plate**
- **Eating habits**
- **Body image**
- **Energy drinks**
- **Access to food**
- **Lifestyles**



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

Friendships & Relationships

Growth & Development

Safe Sex

Feelings & Emotions

Physical Wellbeing

Drinking & Drugs

Social Media

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

Visit: [bit.ly/5-19secondaryinfo](https://bit.ly/5-19secondaryinfo)



Scan the QR code



ChatHealth