



Young People  
Scan this QR  
code to find  
support

SCAN ME

Text a school nurse directly to talk about  
health or emotional wellbeing:  
If you're 11-19 text our ChatHealth line on:  
**07507330510**  
or scan the QR code



Parents scan  
this QR code to  
find support

SCAN ME

If you're a parent of 5-19 year old text our  
Lancashire ParentLine for support on:  
**07312263554**  
or scan the QR code

