

**For young people 11-19 years old living
in Southwark or Lambeth**

Hello!

We are the Evelina London School Nursing Service, you may have heard about or seen school nurses in your school.

During these unsettling times, you may be thinking more about your health and wellbeing and be unsure about how to get the help or advice you need.

School nurses are here to help, we work in teams across Southwark and Lambeth and you can contact us for confidential advice and support on a wide range of issues.

We are able to talk with you by:

- **Text**
- **Face to face in school**
- **Face to face in a health centre**
- **Telephone**
- **Virtually**

Text a School Nurse using ChatHealth!



ChatHealth is a text messaging service for young people to receive confidential advice about health related issues. It's for young people attending school or living in Lambeth and Southwark aged 11-19 years.

Find out more information by visiting:
<https://www.evelinalondon.nhs.uk/chathealth>

The ChatHealth number is **07507 332150**. This is a text number only and cannot receive phone calls.

You should get an immediate message back to confirm we have received your text. We will respond between 9am-5pm, Mon-Fri and you can text us during school holidays too!

In an emergency, call 999 or go to your local Emergency Department (A&E)

Your information

We might inform someone if we are concerned about your safety, or the safety of someone else, but we would usually try to speak to you first.

Your information is stored on secure electronic records and can be seen by other healthcare staff who follow the same confidentiality rules.

School Nurses can help with:

**Emotional health
and wellbeing**

Bullying

Relationships

Self harm

Drugs & Alcohol

Healthy lifestyle

Puberty

Sexual Health

Smoking