

# Text-A-Nurse to chat about your health concerns



**If you are aged 11-19 and are worried or concerned about any aspect of your health and wellbeing send a text to**

**07480 635982**

**and chat in confidence with a school nurse.**

**We are here to help and can offer advice around many health issues including:**

Emotional Health & Wellbeing

Self-Harm

General Health

Drugs

Stress & Anxiety

Bullying

Body Image

Alcohol

Sex & Sexuality

Contraception

<https://pha.site/textanurse>