

# Chat Health school nurse messaging service



# What is Chat Health?



Chat Health is a school nurse text messaging service that allows young people to text a school nurse through mobile message.

Young people can send SMS text messages from any kind of mobile phone at anytime of the day or night (you will only get a response from one of our school nurses Mon-Fri 09.00-16.30).

It is great because you can tell us who you are or remain anonymous and young people tell us that texting is easier and less embarrassing.

You can still see your school nurse face to face as well if you prefer this.

# What can I use Chat Health for?

We help young people with all sorts of things. You can text us with any questions or ask for advice about anything to do with emotional or physical health but some things you might like to text us about are listed below:



- We know that young people use their mobiles to organise their lives on a daily basis
- School Nurses are looking for easier and convenient ways for young people to access them and health advice
- We want to give young people more choice about how they access their school nurse
- We want a messaging service that is secure and safe

# Why are we using it?





Here's the number:

07480635423

Sussex Community NHS

IF YOU'RE 11-19 TEXT YOUR SCHOOL NURSE

07480635423

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE . . .

RELATIONSHIPS  
MENTAL HEALTH  
BULLYING  
SELF HEALTH  
ALCOHOL  
HARM  
HEALTHY EATING  
DRUGS  
SMOKING

Text us for *confidential* advice & support

We do not share your personal information with anyone else. If you are under 16, we will not share your information with anyone else without your consent. We will only share your information with your school and your parents if you are under 16 and we have your consent. We will only share your information with your school and your parents if you are under 16 and we have your consent. We will only share your information with your school and your parents if you are under 16 and we have your consent. We will only share your information with your school and your parents if you are under 16 and we have your consent.

App coming soon

Zero Tolerance in Training

ChatHealth

- Don't forget you can still see a school nurse face to face if you prefer.
- Weekly drop-ins at Varndean are:
  - Tuesday breaktime for years 7 and 8
  - Tuesday lunchtime for years 9, 10 and 11
- Meeting Room 2 along the corridor near the medical room.