

IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE
ON 507 333 51

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINKS LIKE...

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

Text us for confidential advice & support

We do not usually inform your parents or anyone else if you contact our nurses. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a professional or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent our nurses from sending messages to you by texting STOP to our number.