



**I am worried about my health,  
can I talk to a School Nurse?**

**I'm here to help.  
Whatever is worrying you,  
let's talk it through.**

We are a confidential text service for 11-19 year olds that you can talk to about:

- Relationships
- Emotional health
- Sexual health
- Bullying
- Healthy eating
- And more

Text a Public Health Nurse on

**07480 635024**