

I would like to inform you about ChatHealth which is a new school health text messaging service for young people aged 11-19



PARENT OF A 11-19 YEAR OLD IN SEFTON?



Mersey Care NHS Foundation Trust has introduced a quick and easy way for your young people in to get in touch with their school nurse.

Those aged 11 to 19 can now send a text message to our school nurse for help and advice about all kinds of things like emotional health, relationships, alcohol and drugs and bullying.

Young people can start a chat with our school nurse, by sending a message to 07312 263291.

When they send a message, they'll get confirmation that the message has been received. A trained healthcare professional will reply between 9am and 4.30pm and within 24 working hours at most.

What if it's urgent?

If you need urgent help, you should visit an NHS walk-in centre or call NHS 111. In an emergency, dial 999 or go to A&E.

There will be posters around school advertising this new service and young people will be reminded in assemblies.

11 - 19 YEARS OLD IN SEFTON?

We help young people with all kinds of things like...

**RELATIONSHIPS / MENTAL HEALTH / BULLYING /
ALCOHOL / SELF HARM / HEALTHY EATING /
DRUGS / SMOKING / EXAM STRESS**

Send a message to
07312 263 291
and chat with a school nurse

Find @SeftonSchoolNurses at chathealth.nhs.uk

Scan the QR code to find @SeftonSchoolNurses

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services