

If you're **11-19 years old**  
**text your SCHOOL NURSE**  
**07480635424**

*Text us for confidential advice & support*

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

RELATIONSHIPS  
MENTAL BULLYING SELF  
HEALTH ALCOHOL HARM  
HEALTHY EATING  
DRUGS SMOKING

*Text us for confidential advice & support*

*Your School Nurses working hours are Monday to Friday from 09:00am to 4:30pm .Your message will be seen during those hours after which we respond most quickly to messages that need urgent attention and we aim to respond to all messages within 24 hours, Monday to Friday.*

*If you need urgent help in the meantime, contact your doctor, visit a NHS walk-in centre or call NHS 111. If it is an emergency, dial 999 or visit A&E. For our safety and yours we store your messages on electronic records. Records can be seen by other healthcare professionals but we all follow strict confidentiality rules and your School Nurse will explain more about this.*