



# ChatHealth

Due to the Coronavirus (COVID-19) outbreak, you may not be able to see your Public Health (School) Nurse face-to-face for advice about your health and wellbeing.

Did you know that, if you're aged 11 to 19 and live in Leicester, Leicestershire or Rutland, you have access to a dedicated, confidential and secure text messaging service called ChatHealth, which enables you to get professional health advice and support?

**This service will be continuing throughout the school closures**

## Getting in touch

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If you live in Leicester city, text your Public Health (School) Nurse on:

**07520 615 386**

If you live in Leicestershire and Rutland, text your Public Health (School) Nurse on:

**07520 615 387**

## What does this mean?

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You can get confidential health advice on a range of areas, including:

- Sleep
  - Exam stress
  - Worry and anxiety
  - Self harm
  - Mental health
  - Sexual health
- Plus much more:** nutrition and diet, smoking, friendships, alcohol, exercise, anger management, puberty, relationships and young carers information.

## How does it work?

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The service is available **9am to 5pm every weekday**, excluding bank holidays. The text messaging support service is staying open throughout the school closures and school holidays during this time too. We guarantee that you will receive a response within 24 hours, Monday-Friday.

**This service is totally confidential.** We only share your information if we are worried about you or someone else's safety, or if you share information which may be concerning or put you or someone else at risk or in danger.

**Get more coronavirus linked information, support and advice**