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**Themes:** Advocacy, Bereavement and Grief, , Counselling, , , , , Mental Health, Physical Disabilities

**Aimed at:** Children Age 6-11, Teenagers 12-17, Adults 18+

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

You'll see below the areas of the country where ChatHealth is available at the moment, as well as the numbers to use if you want to text a public health nurse (school nurse). You can get in touch for advice about any aspect of your physical or emotional health.

If you are not sure which is the correct service for you please visit our service finder where you can find help near you using your school, town or location. If you are using your mobile phone you can also start a text messaging conversation with your school nurse from this page.

Advice for Teens in Nottinghamshire

Text: 07507 329 952

Organisation: Nottinghamshire Healthcare NHS Foundation Trust

Service: Nottinghamshire Healthy Family Team

For: Young people aged 11-19

Response time: Within 24 hours, 9am to 4.30pm Monday to Friday (except bank

holidays)

Disclaimer:

We do not usually inform your parents, teachers or anyone else if you text the school nurse. 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 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 member of school staff 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 the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

**Area:** Bassetlaw

## **Contact Details**

07507 329 952 - TEXT

<https://www.healthforteens.co.uk/health/about-chathealth/>

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