

# HEALTH<sup>FOR</sup>TEENS

**TEXT YOUR SCHOOL NURSE FOR**

**CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

**FIND A MESSAGING SERVICE IN YOUR AREA:**

**SCAN THE QR CODE TO START A CHAT:**



**GET HELP WITH ALL KINDS OF THINGS LIKE...**

**HEALTHY EATING**

**RELATIONSHIPS**

**SMOKING**

**EMOTIONAL HEALTH**

**BULLYING**

**SELF HARM**

**ALCOHOL & DRUGS**

**ANXIETY**

**SLEEP**

**PUBERTY**

**WWW.HEALTHFORTEENS.CO.UK**

**SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,**

**AND FIND OUT THE TRUTH BEHIND THE RUMOURS**

**FIND US ON INSTAGRAM: @health\_forteens #HealthforTeens**

Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, 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). To opt-out of receiving messages from a healthcare professional, please text 'STOP' to our number. Messages are charged at your usual rates.