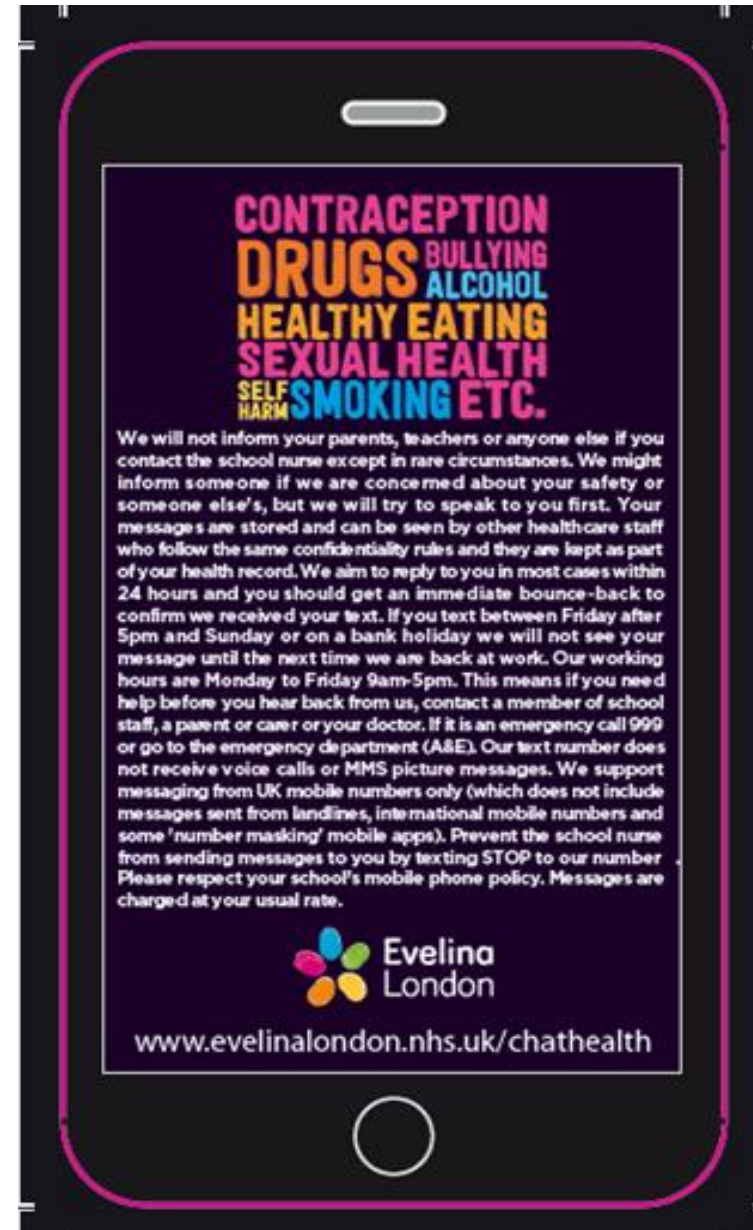




**IF YOU'RE  
11-19  
YEARS OLD  
TEXT YOUR  
SCHOOL  
NURSE**


**07507 332150**

*Text us for confidential  
advice & support*



**CONTRACEPTION  
DRUGS BULLYING  
ALCOHOL  
HEALTHY EATING  
SEXUAL HEALTH  
SELF HARM SMOKING ETC.**

We will not inform your parents, teachers or anyone else if you contact the school nurse except in rare circumstances. We might inform someone if we are concerned about your safety or someone else's, but we will try to speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules and they are kept as part of your health record. We aim to reply to you in most cases within 24 hours and you should get an immediate bounce-back to confirm we received your text. If you text between Friday after 5pm and Sunday or on a bank holiday we will not see your message until the next time we are back at work. Our working hours are Monday to Friday 9am-5pm. This means if you need help before you hear back from us, contact a member of school staff, a parent or carer or your doctor. If it is an emergency call 999 or go to the emergency department (A&E). 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 school's mobile phone policy. Messages are charged at your usual rate.

 **Evelina  
London**

[www.evelinalondon.nhs.uk/chathealth](http://www.evelinalondon.nhs.uk/chathealth)