

# ChatHealth – our confidential text messaging service is still available

Remember – even though you might not be at school at the moment you can still talk to our ChatHealth nurses.

They can be texted confidentially on:

## 07507 331450

We know this is a worrying time so if you have any concerns about the risks posed by the Covid-19 virus or you're concerned about the effect on your schooling or future exams then our school nurses are there to help.

We can also help with areas of support such as healthy relationships, healthy lifestyles, emotional wellbeing, sexual health, smoking, drugs, alcohol, bullying.

So if you're aged between 11-19 you can access our ChatHealth service confidentially.



COMPETITION  
- TIME -

Enter our poster design competition to win £50 and have your work displayed across Luton and Bedfordshire. We need your help and skills to design our new ChatHealth promotional campaign materials. Find out what to include on your poster at [bit.ly/ChatHealthComp](http://bit.ly/ChatHealthComp).

Please email your competition entry, along with your name and school/college to [ccs.communications@nhs.net](mailto:ccs.communications@nhs.net) by closing date 19th April 2020. The winning entry will be notified via email and their school on the 27th April 2019.