



# Aged 11-19?

Text your friendly School Nurse for confidential advice and support.

Chat about feelings and emotions, bullying, body image, relationships, healthy eating and much more.

Send a text Monday - Friday,  
9.00am - 5.00pm:

**07312 263250**

For more information, visit  
[wchc.nhs.uk/chathealth](http://wchc.nhs.uk/chathealth)

ChatHealth is confidential,  
anonymous and  
non-judgemental.



Wirral Community  
Health and Care  
NHS Foundation Trust



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