TEXT + CONNECT

NHS



Aged 11-19?

Text your friendly school nurse for free, confidential advice and support.

- Friendships and bullying
- Relationships
- Anxiety, worries and mental wellbeing
- Healthy eating and nutrition
- Body image and self-esteem

Text us...

07507 329908

Monday to Friday, 9.00am - 5.00pm

wchc.nhs.uk/text

Text+Connect is confidential, anonymous and non-judgemental

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