



Sussex Community
NHS Foundation Trust

ChatHealth Messaging Service

Text your school nurse - 07480 635423

During these unsettling times, as a parent/carer of a child aged between 5-19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help you need.

School nurses are still here to help - you can text them for confidential advice and support on a wide range of issues including:

- Behaviour
- Continence
- Emotional health
- Sleep
- Healthy eating
- Self-harm
- Minor accidents and illnesses
- Long term health conditions
- Young carers

Please text us if you feel we can offer any help and support

07480 635423

ChatHealth messaging service is run by the Healthy Child Programme 5-19, School Nursing Service and is available from 0900 am to 4.30 pm Monday –Friday (excluding Bank Holidays).

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text.

Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

Brighton and Hove School Nursing Service