

CHATHealth - New confidential school nurse texting service for young people in Notts

A new texting service to enhance the way young people can access health advice has been launched by Nottinghamshire Healthcare's School Nursing Service.

With more and more children and young people using hand held mobile devices in their daily lives, the ChatHealth, text service is an easy way for young people to confidentially ask for help about a range of issues, or make an appointment with a school nurse. They can also find out how to access other local services including emotional support or sexual health services. Young People have said they like using the messaging service because it is:

- **Less embarrassing**
- **Quick and easy**
- **Anonymous**
- **Non-judgemental**

The texting service covers all of Nottinghamshire for young people aged 11 – 19, with the aim of offering a relevant, accessible method of contact and a flexible way to provide support.

Young people can receive confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses. It allows young people to send messages to a dedicated number which is delivered to a secure website. Once there, texts are responded to by Nottinghamshire Healthcare's School Nursing Team within one working day. The service is available on Monday to Friday 9.00 am – 4.00 pm excluding bank holidays. During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent.

The 'ChatHealth' number is 07507 329952.