A blue and white logo

Description automatically generated

This social media toolkit can be used across Instagram, Twitter or Facebook to help young people get the right help by texting ChatHealth in Beds and Luton.

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| Graphic | Social media text |
| A poster of a child and a child  Description automatically generated with medium confidence | **Do you need advice on feelings & emotions?**  Text our school nurses through **ChatHealth**!  If you're 11-19 years old and live in Bedfordshire or Luton, send your questions to **07507 331450 (Bedfordshire)** or **07520 616070 (Luton)**.  It's confidential, anonymous, and easy to use! 📱💬 #  HealthSupport #YouthWellbeing #Bedfordshire #Luton |
| A person holding a device  Description automatically generated | Are you struggling with drinking and drugs and need advice? ChatHealth is here to help!  Text our school nurses at **07507 331450 (Bedfordshire)** or **07520 616070 (Luton)** with questions about mental health, drugs, relationships, or anything else.  For 11-19-year-olds, it's confidential and anonymous. 🗣️📲  #TeenHelp #ChatHealthBeds #ChatHealthLuton |
| A group of people standing in front of a website  Description automatically generated | **Got questions about your friendships and relationships?**  ChatHealth is a text service for 11-19 year olds in Bedfordshire and Luton.  Text **07507 331450 (Bedfordshire)** or **07520 616070 (Luton)** to speak with a school nurse confidentially and anonymously.  Ask about mental health, relationships, and more! 💡📞  #SupportForTeens #ChatHealthBeds #ChatHealthLuton |
| A screenshot of a website  Description automatically generated | **11-19 years old and have questions on growth and development?**  ChatHealth lets you text our school nurses anonymously about growth and development, mental health, healthy eating, and more.  Send your questions to **07507 331450 (Bedfordshire)** or **07520 616070 (Luton).** We're here to help! 💬🩺  #YouthSupport #MentalHealthMatters |
| A group of people eating  Description automatically generated | Sometimes you just need to talk... and we're listening.  Text ChatHealth at 07507 331450 (Bedfordshire) or 07520 616070 (Luton) if you're 11-19 and want to ask about health-related topics like healthy eating, mental health, relationships, or drugs. It's easy, anonymous, and confidential. 💙📱  #TalkItOut #ConfidentialHelp |
| A poster of a health care service  Description automatically generated with medium confidence | ChatHealth is here for you!  If you're between 11-19 years old in Bedfordshire or Luton, text our school nurses for confidential and anonymous advice.  Get answers on physical wellbeing, mental health, relationships, and more at 07507 331450 (Bedfordshire) or 07520 616070 (Luton). 💬🧠  #HealthQuestions #YouthAdvice |
|  | Your health matters, and ChatHealth makes it easy to ask for help!  11-19 year olds in Bedfordshire and Luton can text school nurses for confidential advice on anything from safe sex to relationships.  Reach out at 07507 331450 (Bedfordshire) or 07520 616070 (Luton) today! 📱  #HereToHelp #TeenMentalWellbeing |
| A person sitting on a computer  Description automatically generated | **Need health advice but want to stay anonymous?**  ChatHealth lets 11-19 year olds in Bedfordshire and Luton text school nurses confidentially about social media, mental health, drugs, relationships, and more.  Text **07507 331450 (Bedfordshire) or 07520 616070 (Luton)** today! 💬🩺  #ConfidentialCare #ChatHealthSupport |