**ChatHealth Promotional Toolkit**

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Description automatically generatedWe're excited to introduce our new **ChatHealth Promotional Toolkit**, designed to help professionals raise awareness about this vital service for young people.

ChatHealth is a confidential text service for 11-19 year-olds in Bedfordshire and Luton, allowing them to ask health-related questions anonymously. From mental health and relationships to drug use and healthy eating, ChatHealth offers a safe space for teens to reach out to school nurses for advice and support.

By using the resources in this toolkit, you'll play a key role in helping more young people access essential health information quickly and discreetly. The toolkit contains ready-made social media posts, screensaver and posters to make it easier for you to share this important service with those who need it.

Encourage young people to text our school nurses at **07507 331450** (Bedfordshire) or **07520 616070** (Luton) and let them know that confidential help is just a message away!

If you would you like a member of our school nurse team to share further information on ChatHealth with young people at your school, health centre or youth organisation, let us know by emailing us on:  [**ccs.bedsandlutonchildrenshealthhub@nhs.net**](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

You can also find more information about ChatHealth in this video – **<https://bit.ly/5-19secondaryinfo>**

Thank you for your support.

Bedfordshire and Luton School Nursing Team.

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