

Let's Chat!



Growth & Development

Are you worried about your health or wellbeing?

ChatHealth is a private TEXT service for 11-19 year olds in Bedfordshire & Luton



Bedfordshire: 07507 331450



Luton: 07520 616070

Text messages will be answered between 9am and 4.30pm (Mon to Fri). Messages are charged at your usual rate.

- **Puberty**
- **Periods**
- **Body image**
- **Body changes**
- **Personal hygiene**



You can text our school nurses to ask any health related questions, including:

Friendships & Relationships

Drinking & Drugs

Physical Wellbeing

Feelings & Emotions

Healthy Eating

Safe Sex

Social Media

Find out what else our School Nursing team can help with.

Visit: bit.ly/5-19secondaryinfo



Scan the QR code



ChatHealth