







## Growth & Development

Are you worried about your health or wellbeing? ChatHealth is a private TEXT service for 11-19 year olds in **Bedfordshire & Luton** 

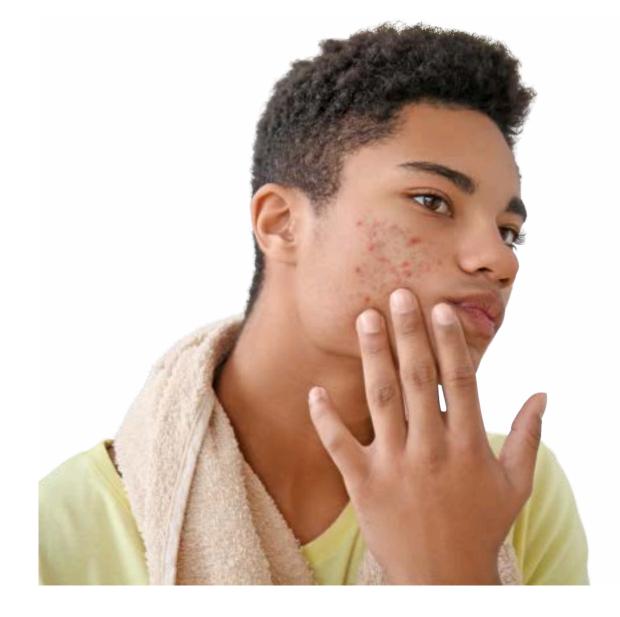


**Bedfordshire: 07507 331450** 

**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





