

# ChatHealth Messaging Service

## Text your school nurse

During these unsettling times, as a parent of child aged between 5/19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

**Parent/carers of child(ren) aged 5-19 can send a text to:**

**07507331751**

We can help with all kinds of things like:

- Behaviour
- Continence
- Emotional health
- Self-harm
- Bullying
- Minor accidents and illnesses

Your ChatHealth messaging service is run by The Children's Integrated Health and Wellbeing Team, Bolton Foundation Trust and is available Monday to Friday 8am until 8pm

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.