



ChatHealth is a secure NHS approved text messaging service that is run by the NHS Cambridgeshire Healthy Child Programme.

From 9.30am to 4.00pm Monday to Friday ChatHealth has experienced clinicians online waiting to answer and deal with any messages from young people.

The new platform provides an alternative way for young people to engage with school nurses on topics including relationship advice, healthy eating, smoking cessation, bullying and exam stress.

All users need to do is text 07480 635 443 to start a conversation.

Over the next few months, there will be the distinctly branded ChatHealth credit cards, wristbands, posters around the school community to help advertise the service and there is even an animation to explain ChatHealth.

If you would like to know more about ChatHealth or have any questions, please contact the school nursing duty desk on: 0300 029 50 50.

