

YOUR NEW
TEXT NUMBER

FOR YOUR
SCHOOL
NURSE

07 480

635 050

WE HELP STUDENTS
WITH ALL KINDS OF THINGS...

RELATIONSHIPS

MENTAL BULLYING SELF

HEALTH ALCOHOL HARM

HEALTHY EATING

DRUGS SMOKING

For confidential advice & support

We do not inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety but we would usually text you first. Your messages are stored and can be seen by other healthcare staff that follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of your school or a doctor. Our text number does not receive voice mail or picture messages. To prevent the school nurse from sending messages to you: text STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.