LET'S CHAT

11 – 19 YEARS OLD?

+

We help young people with all kinds of things like...

RELATIONSHIPS
MENTAL HEALTH
BULLYING
ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS
SMOKING
EXAM STRESS

Message us for confidential advice and support

NHS
ChatHealth

Send a message to

07312 263 291

and chat with a school nurse

Find @SeftonSchoolNurses at chathealth.nhs.uk

Digital Pack for Schools: Chat Health

Mersey Care NHS Foundation Trust has introduced a quick and easy way for your young people in to get in touch with their school nurse across Sefton schools.

To advertise this service, we have produced these assets for your school to use.

What is the service?

A text message where young people can get confidential help and advice. School nurses offer advice and support about health and wellbeing, all kinds of things like emotional health, sexual health, relationships, alcohol and drugs and bullying.

To find out more visit Mersey Care's website: https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

Who is it for?

Those aged 11 to 19, living in Sefton.

How do I access the service?

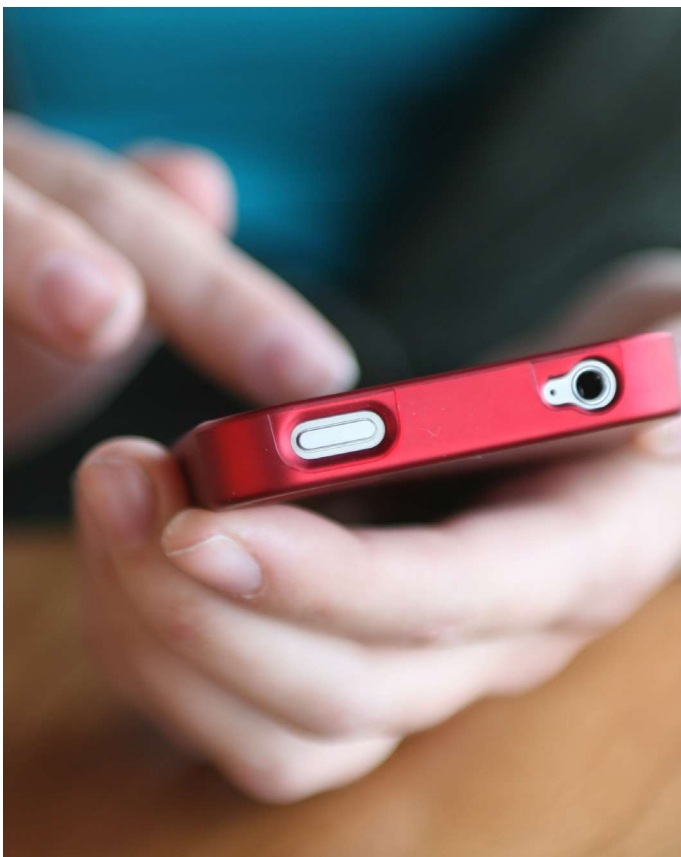To start a chat with your school nurse, just send a message to 07312 263 291.

Image and copy for parent's newsletter and your website

PARENT OF A 11-19 YEAR OLD IN SEFTON?

ChatHealth

NHS Mersey Care NHS Foundation Trust

Mersey Care NHS Foundation Trust has introduced a quick and easy way for your young people in to get in touch with their school nurse.

Those aged 11 to 19 can now send a text message to our school nurse for help and advice about all kinds of things like emotional health, relationships, alcohol and drugs and.

Young people can start a chat with our school nurse, by sending a message to 07312 263 291.

When they send a message, they'll get confirmation that the message has been received. A trained healthcare professional will reply between 9am and 4.30pm and within 24 working hours at most.

What if it's urgent?

If you need urgent help, you should visit an NHS walk-in centre or call NHS 111. In an emergency, dial 999 or go to A&E.

There will be posters and flyers around school advertising this new service and young people will be reminded in assemblies.

Resources

Powerpoint to use for assembly

This can be found on Mersey Care's website under the header 'resources' on Mersey Care's website: https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

Graphic for Facebook, Twitter, your school app and your school health webpage:

This can be found on Mersey Care's website under the header 'resources' on Mersey Care's website: https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

Please remember to include your school nurse to invitations to open evenings, parents evenings, invited to speak at inset days (when appropriate), school fairs and any other events you have in school – we will bring leaflets, banners and information to share with young people and their parents.

Suggested Social Media Posts

Twitter

Does your child need confidential advice or support with worries or anxiety? If your child is 11 to 19, send a text to @Mersey_Care #seftonschoolnurse on 07312 263 291 to start a chat

Do you have an 11 to 19 year old in #Sefton? Let them know to text 07312 263 291 to chat to @Mersey_Care nurse at the end of a phone for information and support on all aspects of health and wellbeing!

#Worried, #feelinganxious or #embarassed are emotions your child may feel as they grow up. @Mersey_Care school nurses are here to support and help your child confidentially, text 07312 263 291

Facebook

Did you know your child, aged between 11 to 19, can text our school nurse on 07312 263 291 for confidential advice and help? No question will go unanswered with our friendly #schoolnurses in #Sefton. https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

What can your #schoolnurse help you with? The question should be what they can't help with! You can get advice about all kinds of things like emotional health, sexual health, relationships, alcohol and drugs and bullying https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

You can find a short animation to share on social media on Mersey Care's website under 'resources' https://www.merseycare.nhs.uk/our-services/south-sefton/school-health-team

NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

ChatHealth

Confidentiality

All members of the School Health Team have a duty to protect your privacy and confidentiality. We would only share information with your consent. Information without consent could only be shared in situations where we have a concern that there was a risk of harm to your child or a member of your family.