

8th December 2023

Dear Parent/Carer,

We have been asked to share the following information from The Dorset HealthCare School Nursing team. ChatHealth - a confidential text messaging service for students aged 11-19. This allows students to contact a School Nurse Via ChatHealth if they would like advice or support with anything they may be worried about.

ChatHealth will be available during the Christmas School Holidays (other than over the weekends and the bank holidays) so they are welcome to contact us for advice.

- If someone is aged between 11 and 19 they can seek confidential advice from a member of the School Nursing team via **ChatHealth - on 07480635511**.
- The School Nursing team can provide advice and support around anything that may be worrying you such as Anxiety, Low mood, self-harm, bullying, family problems, relationships, alcohol, drugs, smoking and more.
- They do not need to share their name.
- ChatHealth runs Monday to Friday 08:30-4:30 (Excluding Weekends and Bank Holidays).
- Following the message they will receive an immediate bounce-back message to let them know that a message has been received and they will aim to respond to all messages within 24 working hours.
- You can find more information on ChatHealth on our School Nursing Web page www.dorsethealthcare.nhs.uk/school-nursing/chathealth

The School Nursing team also currently have Facebook and Instagram pages.

Find us on Facebook – Dorset HealthCare School Nursing Team

www.facebook.com/profile.php?id=100089483889236

Find us on Instagram – dorsethealthcare_schoolnursing

www.instagram.com/dorsethealthcare_schoolnursing/

Yours faithfully



Mr P Midworth
Associate Principal