

# ChatHealth Messaging Service

## Text your school nurse

During these unsettling times, as a parent of child aged between 5-19 year olds, 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 call/ text them for confidential advice and support on a wide range of issues.

**Parent/carers of child(ren) aged 5-19, living in Mid Essex, can call the School Nursing Team on**

**Phone: 0300 247 0014** 9am-5pm Monday to Friday

**Children/ Young people aged 11-19 years old (or parents/carers of 5-19 year olds) can send a text directly to:**

**Text: 07520 615731** 9am-5pm Monday-Friday

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 Essex Child and Family Wellbeing Service and is available **9am-5pm Monday to Friday**.

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.