

As a School Nursing team we support young people with a confidential service that listens to young people, and if needed, helps you to find someone else who can support you further.

If you would like to talk with one of our team about any issues regarding your physical or emotional health please contact us on Chat Health.

Physical Health	Emotional Health	Sexual Health
Long-term conditions	Stress	Emergency contraception
Puberty	Anxieties	Contraception
Smoking	Relationships	Pregnancy testing
Alcohol	Bullying and friendships	STI advice
Weight management		

CHATHEALTH is a **confidential** text messaging service for 11-19 year olds in Gloucestershire, which provides confidential advice about health and wellbeing. Chat Health is available Monday to Friday from 9am to 4.30pm, excluding bank holidays. Just send us a text on 07507 333 351 and we will respond within 1 working day.



working together | always improving | respectful and kind | making a difference

Main office: Edward Jenner Court, Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW

We support clinical research. Our 'Count Me In' programme gives all service users the opportunity to be involved in research unless you tell us otherwise. For other information, please visit our patient information page: www.ghc.nhs.uk/patientinfo