

Sent on behalf of Dorset School Health Nursing Team:

NHS ChatHealth Dorset is a confidential messaging service for 11–19-year-olds. Young people can speak with a member of the nursing team about anxiety, emotions, exam stress, friendships, and much more:



11-19 years old?

Dorset school health nursing team can help with all sorts of things like:

Smoking & Vaping Healthy eating Sleep

Exam stress Drinking & Drugs Bullying

Physical activity advice Feelings & Emotions

Body changes Friendships & Relationships

Text Dorset school health nursing team for confidential advice

07480 635 511

Text anytime
We will reply within 48hrs
(excluding bank holidays and weekends)

Scan the QR code to start a chat:

We do not usually inform your parents, teachers or anyone else if you contact the School Nursing Team. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within 48 hours 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, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate. This privacy notice explains more about how we will handle your personal information and how we will respect your privacy if you use a ChatHealth messaging service to speak to a healthcare professional - bit.ly/ChatHealthPrivacy

Other Text Messaging Services



There are other text services locally for specific areas, like sexual health and mental health (Connections 24/7) so our focus is on support for 11-19 year olds for advice on other areas such as physical health, sleep, smoking/vaping, healthy eating, relationships, changes to body, bullying etc.

- Advice for Parents of Under 5's in Dorset: Dorset ParentLine- **07312 277162**
- Response Time: Within 24 hours, 9am – 5pm Monday to Friday (except bank holidays)

- Advice for Parents of School Aged Children in Dorset- Dorset 5– 19 Parentline- **07312 263131**
- Response Term Time Only: Within 24 hours, 9am – 4pm Monday to Friday (except bank holidays or school holidays)

- Sexual Health Advice- For All Children and Young People under 18 in Dorset- **07312 263101**
- Response Time: Within 24 hours, 8am – 6pm Monday to Friday (except bank holidays)

Any questions?

Healthier lives Empowered citizens Thriving communities