

Text a 0-19  
Specialist Public  
Health Nurse on  
07520 619 750  
for help  
with...

CONTRACEPTION  
MENTAL HEALTH  
BUYING  
SMOKING  
RELATIONSHIPS  
SEX drugs  
SELF-HARM  
HEALTHY EATING  
WELLBEING  
EMOTIONAL HEALTH

11-19  
years  
old?

Need  
confidential  
health advice  
and  
support?

**NHS**

**Leeds Community  
Healthcare**  
NHS Trust

 ChatHealth

**Text**

**07520 619 750**

(Texts will only be seen between 8.30am-4.30pm, Mon-Fri)

**This service is part of Leeds Community Healthcare's  
0-19 Public Health Integrated Nursing Service**

We do not usually inform your parents, teachers or anyone else if you contact a 0-19 Specialist Public Health Nurse. 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 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 a member of school staff or your doctor. 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). Stop the 0-19 Specialist Public Health 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.