

## **For the school community**

### **New Animation Video**

An introduction to the school nursing service, the support we provide and how to get in contact. <https://www.youtube.com/watch?v=hmrr9zFT6tk>

### **ChatHealth**

**Young people-** If you are aged between 11 and 19, you can confidentially text ChatHealth to ask for help about a range of issues or make an appointment with a school nurse. You can also find out how to access other local services including emotional support or sexual health services.

**Parents-** If you are a parent or carer of a young person, you can use ChatHealth to seek help, advice or support about a range of issues which maybe affecting you or your child.

Text a School Nurse on **07507 333356**. Texts are charged at your standard network rate. The service is available **Monday to Friday, 9am to 4:30pm**, excluding bank holidays.

### **Website**

Visit the newly updated School Nursing website where you will find lots of information, resources and videos [www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing) or via the below QR code.

### **Suffolk School Nursing Service**

Health Business Centre

Allington Clinic, 427 Woodbridge Rd, Ipswich, IP4 4ER

Directorate of Health, Wellbeing and Children's Services

Suffolk County Council

Tel: **0345 607 8866** Email: [childrenshealth@suffolk.gov.uk](mailto:childrenshealth@suffolk.gov.uk)