

If you're
aged 11 – 19
text your
school nurse



07507 329 951

We do not usually inform your parents, teachers or anyone else if you contact the school nurse.
We might inform someone if we were concerned about your safety, but we would usually speak to you first.

If you want to talk about:

Problems with
friends or family

Changes to your body

Bullying

Drinking alcohol
or smoking

Sex and contraception

If you are feeling
angry or sad

Anything else

www.childrenshealthsurrey.nhs.uk/services/chat-health