

● ● YOUR  
DIGITAL  
HEALTH  
PACK

Everything you need to know  
about how to get  
health advice in and out of school

# Getting help from your public health nurse



## You can:

- **Visit your public health nurse (school nurse) in school.**  
Ask your school office for the times of drop in clinics
- **Text the confidential messaging service, Chat Health**  
Mondays - Fridays 9am to 5pm  
Leicester city text: 07520 615386  
Leicestershire or Rutland text: 07520 615387
- **Visit the Health for Teens website**  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk)  
Everything you want to know about health, relationships and growing up
- **Take part in weekly webchats** on the Health for Teens website which cover a wide range of subjects

# I need help!



Your public health nurse can help with lots of different things. For example:

**Sleeping**

**Exam  
Stress**

**Self  
Harm**

**Mental  
Health**

**Sexual  
Health**

**Anxiety**

Plus many more including ...

**Nutrition and diet, Smoking, Friendships, Alcohol,  
Exercise, Anger management, Puberty, Relationships**

The background of the entire page is a photograph of two young women sitting on a brick wall. They are both looking down at books they are holding. The woman on the left is wearing a yellow vest over a dark top, and the woman on the right is wearing a dark t-shirt. The scene is outdoors with green foliage visible in the background. A semi-transparent red overlay covers the entire image, with a white number '1' inside an orange arrow pointing right in the top left corner.

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# Confidential appointments in school

If you have any worries or concerns regarding friends, school, life at home or your physical and emotional health, you can always talk to your public health nurse (school nurse).

To be referred or to make an appointment to see the public health nurse in confidence:

*Speak to a member of school staff or go along to the weekly public health nurse drop in clinic at school.*

# Text your public health nurse

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Chat Health

If you want advice about a health issue and maybe feel too embarrassed to ask, then why not send a text?

Chat Health is a secure text messaging service which enables you to get professional advice from an NHS public health nurse.

The service is available 9am–5pm every week day, excluding bank holidays. The text line stays open during the school holidays too. We guarantee that you will receive a response within 24 hours Monday–Friday.

This service is totally confidential: we only share your information if we are worried about you or someone else's safety.

**If you live in Leicester city,  
text 07520 615386**

**If you live in Leicestershire  
or Rutland, text  
07520 615387**

# NHS webchats on Health for Teens



Sign up anonymously

**WWW.HEALTHFORTEENS.CO.UK**

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.....  
**Get confidential health  
advice through our safe  
and secure webchats**  
.....

**EVERYTHING YOU WANTED TO**

**KNOW, BUT DIDN'T WANT TO ASK.**

**HEALTH, RELATIONSHIPS**

**AND GROWING UP**

**SEE VIDEOS, TAKE QUIZZES, JOIN WEB CHATS  
AND FIND OUT THE TRUTH BEHIND THE RUMOURS.**

**WWW.HEALTHFORTEENS.CO.UK**



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**#HEALTHFORTEENS  
#LOVEHEALTH**

**HEALTHFORTEENS.CO.UK**

Health advice for teens

Assured by NHS healthcare professionals

# Sexual health clinic

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**Your public health  
nursing team offers  
a confidential  
sexual health drop  
in session**

We can offer advice on:

condoms, sexual health, pregnancy testing,  
chlamydia screening, the emergency contraceptive pill





# Confidentiality

**Public health nurses will not pass on anything you tell them in confidence to your parents or carers, teachers, doctors or anyone else**

**Except:**

In extreme circumstances when the public health nurse feels they may have to tell someone to keep you or someone else from harm.

In these situations, the public health nurse will always discuss this with you first.