



May 2020

Dear Pupil

We wanted to let you know that the School Nursing Service is still here to help.

If you wish to seek advice from a School Nurse, please use our text service and we will endeavour to support you.

**Chathealth is a confidential text service  
07507331620  
Available 9am – 5pm Monday to Friday  
(Including School Holidays)**

If you do not have a mobile phone you can also email a School Nurse:

**[SchoolNursingAdvice@nelincs.gov.uk](mailto:SchoolNursingAdvice@nelincs.gov.uk)**

You can also view the School Nurse video messages by following the [ican-nel](#) Instagram page or the [icanNEL](#) Facebook page.

Please find below a list of some of the alternative resources that are available to you where you can access support if needed:

- [www.nhs.uk/change4life](http://www.nhs.uk/change4life) - Advice and information on a healthy lifestyle
- <https://www.healthforteens.co.uk> - Information on all areas of your health, from sexual health to your feelings, growing up, lifestyle and much more
- [www.kooth.com](http://www.kooth.com) - Free, safe and anonymous online support for young people
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - Emotional wellbeing and mental health support for young people
- Young minds crisis messenger - 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.
- [www.riseabove.org.uk](http://www.riseabove.org.uk) - Young people sharing their experiences and challenges in life
- [www.childline.org.uk/talk](http://www.childline.org.uk/talk) - Support and advice on bullying, puberty, abuse, alcohol or worries

Yours sincerely

School Nursing Team