



Healthy Futures Calderdale

Young People 07480 635297
Parents/Carers 07507 332157

If you want to talk about



Problems with friends or family

Bullying

Feeling sad or angry

Relationships and Sexual Health

Alcohol, smoking or drug concerns

Growing up or body image worries

Healthy Eating



You don't have to give your name and the service is confidential

DISCLAIMER: We do not usually tell anyone else if you contact the school nurse. We might if we were concerned about your safety, but we would usually speak to you first. This is not an emergency help service, we aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. If you need help more urgently contact a member of school staff or your doctor. Please respect your school's mobile phone policy. Messages are charged at your usual rate. For full terms and conditions please visit www.locala.org.uk/chathealth