



It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name.

Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

For Parent's & Carers of under 5s text 07480 635990

Contact a Local Health Visitor by secure & confidential text

For Parents & Carers of school-age Children in Oldham

Contact a Local School Nurse by secure & confidential text

07507 330499

For young people aged 11 - 19

Contact a Local School Nurse by secure & confidential text

07480 635992

To start a conversation or learn more go to
<https://chathealth.nhs.uk> or Scan the QR Code

