

If you're a parent/carer of a child aged between 5-19 years old and you are worried about your child's health and well-being during these unsettling times, the **School Nursing Team** can help.

You can **TEXT** our School Nursing Team on

**07507 331884**

**WE CAN OFFER SUPPORT AND ADVICE WITH  
ALL KIND OF THINGS LIKE...**

**GROWTH AND DEVELOPMENT**

**EMOTIONAL WELL-BEING**

**GROWING UP**

**SLEEP**

**IMMUNISATION ADVICE**

**TOILETING**

**HEALTHY LIFESTYLES**

*Text us for **confidential** advice and support*

We do not usually inform anyone else if you contact the school nurse. We might inform someone if we were concerned about you or your child's safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Messages are charged at your usual rate.

**T: 01702 534843**

**E: [sccg.southendpublichealthnurses@nhs.net](mailto:sccg.southendpublichealthnurses@nhs.net)**