

ADVICE FOR PARENTS AND CARERS OF CHILDREN AGED 5-19



CHATHEALTH HELPS WITH...



- NUTRITION
- SEXUAL HEALTH
- GENDER IDENTITY
- EMOTIONAL WELLBEING
- KEEPING SAFE & HEALTHY
- BEDWETTING
- SLEEP
- BULLYING
- BEHAVIOUR

CHATHEALTH WILL BE ONLINE MONDAY TO FRIDAY 9am-5pm

WANDSWORTH CHATHEALTH NUMBER:

07312 263901



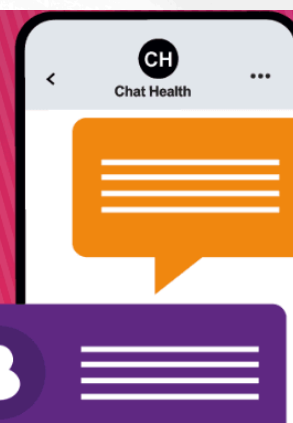
RICHMOND CHATHEALTH NUMBER:

07312 263903



Chat Health

Wandsworth & Richmond



For any enquires please email:



clcht.0-19wandsworthandrichmondadmin@nhs.net

IF YOU ARE 11-19, YOU
CAN TEXT YOUR
SCHOOL NURSE FOR
ADVICE



CHATHEALTH HELPS WITH...

- BULLYING
- SMOKING
- EMOTIONAL WELLBEING
- FEELING SAD OR ANGRY
- ALCOHOL
- RELATIONSHIPS
- DRUGS
- CHANGES IN YOUR BODY
- HEALTHY EATING
- EXAM STRESS

CHATHEALTH WILL BE ONLINE MONDAY TO FRIDAY 9am-5pm

WANDSWORTH CHATHEALTH NUMBER: 07480 635996 **RICHMOND CHATHEALTH NUMBER:** 07312 263902



07480 635996



07312 263902



Chat Health

Wandsworth & Richmond

