

Promotional Pack for Schools
ChatHealth Cambridgeshire
Feb 2018

IF YOU'RE 13-19
YEARS OLD
07480TEXT
635443

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

EMOTIONAL HEALTH
RELATIONSHIPS SELF
BULLYING ALCOHOL HARM
HEALTHY EATING
DRUGS SMOKING

ChatHealth Cambridgeshire – Promotional Pack

This promotional pack has been created to help schools promote ChatHealth, a new text messaging service for young people aged 13 – 19 years old in Cambridgeshire.

What is ChatHealth?

ChatHealth is a secure NHS approved text messaging service that is run by our school nursing team in the Cambridgeshire Healthy Child Programme. From 9.30am to 4.00pm Monday to Friday ChatHealth has experienced clinicians online waiting to answer and deal with any messages from young people.

Any messages outside this time frame receive an automated response letting young people know when they will receive a reply or who to contact to get immediate help.

We have created an animation to help explain ChatHealth – please click the picture to view or search YouTube for: “chathealth cambs” or use this link: <http://bit.ly/chathealth-cambs>



ChatHealth Cambridgeshire

ChatHealth is live and available for all young people aged 13-19 in Cambridgeshire

The Cambridgeshire school nursing team has successfully implemented ChatHealth, a confidential text messaging service for young people aged 13-19. The new platform provides an alternative way for young people to engage with school nurses on topics including relationship advice, healthy eating, smoking cessation, bullying and exam stress.

From 9.30am to 4.00pm Monday to Friday, ChatHealth has experienced clinicians online waiting to answer and deal with any messages from young people. To access the service, all users need to do is **TEXT 07480 635 443** to start a conversation. This injection of digital technology will help the service be more responsive to the needs of young people living in Cambridgeshire.

Andrea Graves, Service Lead for the Cambridgeshire Healthy Child Programme said:

“We're very excited to be using ChatHealth. Text messaging opens a new line of communication to our young people in Cambridgeshire, and it makes our school nurses more accessible than ever before. A real positive from implementing ChatHealth is that it will complement our interventions, as we will be able to listen to the needs of the community and target our resources to really make a difference for young people.”

The school nursing team have settled into using the new technology and are dealing with queries every day. A distinctly branded selection of posters, credit cards, stickers, wristbands, banners and TV slideshows are being used to advertise the text messaging service, and will be shared with young people to promote the ChatHealth.

To help explain ChatHealth in more detail a short animation is available on YouTube – search for: **“chathealth cambs”** or you can use this link: bit.ly/chathealth-cambs

If parents would like to know more about ChatHealth or have any questions, please contact the school nursing duty desk on: 0300 029 50 50.