

# 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**



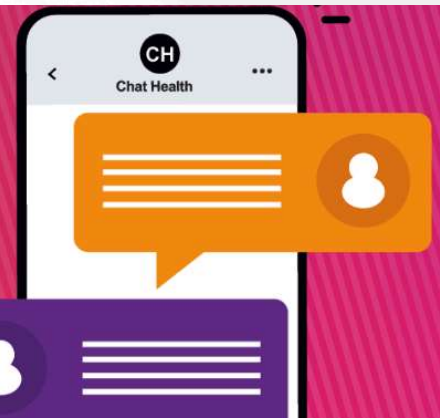
**RICHMOND CHATHEALTH NUMBER:**

**07312 263903**



# Chat Health

Wandsworth & Richmond



**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



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