

ChatHealth – Advice & Support for Health Related Issues

General Information - Parents

On 11 March, Thriving Kirklees launched a new way for young people and their parents/carers to get advice and support about health related issues direct from their mobile phones.

ChatHealth is an award-winning text messaging service which will now be available for Kirklees' young people aged 11-19 years. They can receive confidential advice from Thriving Kirklees nurses on subjects including relationships, emotional health and wellbeing, bullying, healthy eating and any general health concerns.

The number is 07520 618866 and it is available Monday to Friday from 8.00am to 8.00pm.

In addition, parents/carers can contact the service too for confidential advice and help on health and well-being issues relating to their children. The text number for parents to contact Thriving Kirklees nurses is 07520 618867 (text messages are charged at standard message rates).

Thriving Kirklees is a partnership of local health and wellbeing providers all working together to support children, young people and their families to thrive and be healthy – find out more at www.thrivingkirklees.org.uk.