

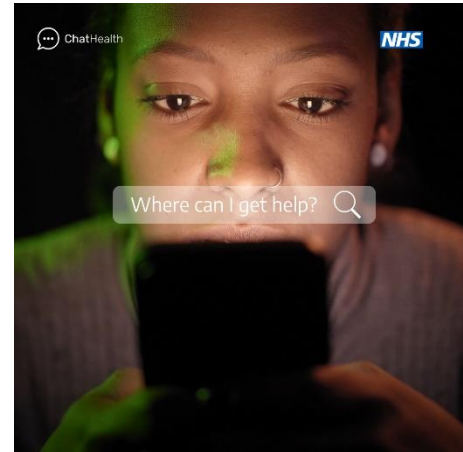
Back to school feels overwhelming? The dark, cold days making it even harder? ☁️

💬 Stop scrolling and start texting! Get confidential advice and support from a qualified health professional.

Text us at **07312 263266**

Find help near you

👉 chathealth.nhs.uk/start-a-chat



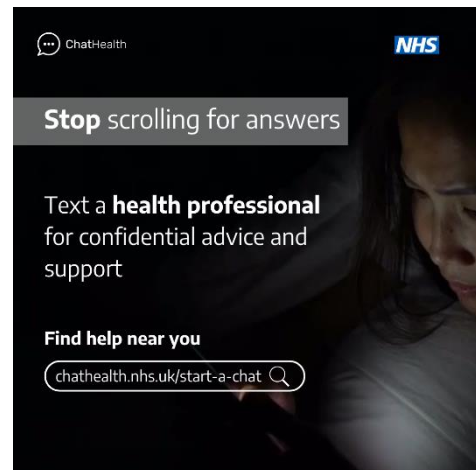
Cold days, back-to-school stress, and endless internet scrolling... sound familiar?

💬 Text a health professional for confidential advice and support. You've got this, and we've got you!

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Searching the internet for advice again? We get it.

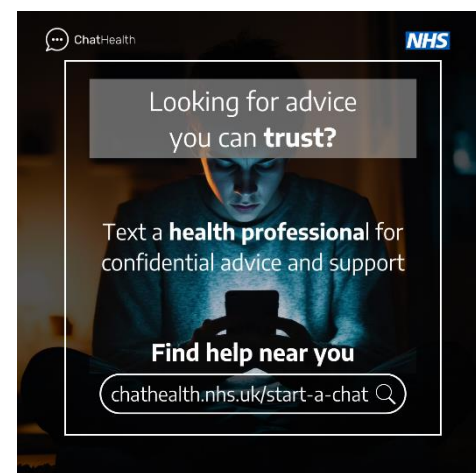
But when the back-to-school nerves and cold days hit, the best advice comes from someone who truly understands.

💬 Text a qualified health professional for confidential advice and support.

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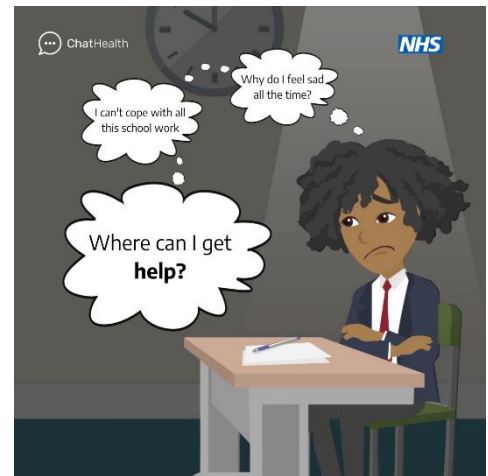
It's okay to ask for help. ❤️ Whether you're feeling sad, can't keep up with schoolwork, or just don't know where to start - start here.

💬 Chat confidentially with a qualified health professional about anything that's on your mind.

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Struggling with your mental health? Feeling overwhelmed with schoolwork? Don't let it pile up.

The internet can't always give you the answers, but a qualified health professional can.

💬 Text a qualified health professional for confidential advice and support about anything that's on your mind.

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