



The Royal Wolverhampton
NHS Trust



Aged 11 – 19?

Text a school nurse on
07507 332 631
for confidential help and advice.

Staying healthy

Anxiety, emotions and anger

Smoking, alcohol and drugs

Bullying

Social media

Family issues and friendships

Body image and identity

Sexual health and contraception

Sleep

#ChatHealthWolves

More information, including T&Cs and privacy, at:
www.royalwolverhampton.nhs.uk/chathealth

