

## Support for you throughout exam season

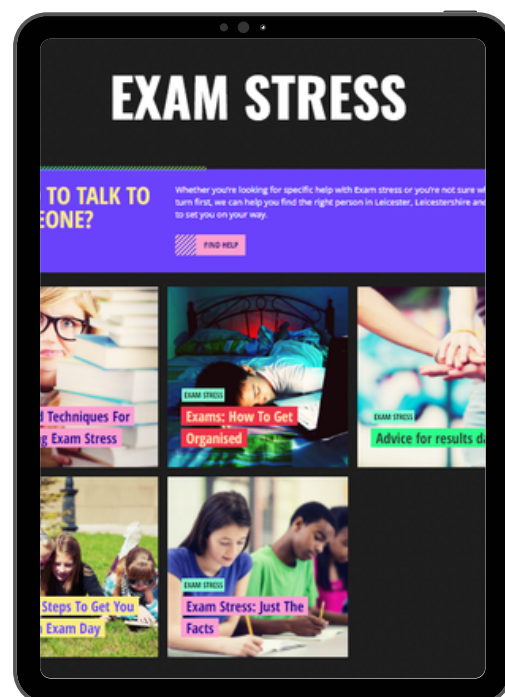


At Healthy Together, we understand that taking exams can lead to stress and worry. To help with this, we have created a range of digital resources to support you during the exam season.

### HEALTH FOR TEENS

Visit [Health for Teens](#) where you can find a whole section dedicated to supporting you through your exams:

- [Listen to young people talking about feelings at exam time](#)
- [Discover steps on how to get organised for your exams](#)
- [Find tips on getting you through each exam day](#)
- [Uncover tips and techniques for surviving exam stress](#)



You can also head over to our TikTok and Instagram channels for more advice and videos to support you during your exams:



[@healthforteensnhs](#)



[@health\\_forteens](#)



**on hand to support  
during your exams**

If you're aged 11 to 19 and live in Leicester, Leicestershire or Rutland, you have access to a dedicated, confidential and secure text messaging service called ChatHealth, which enables you to get professional health advice and support during the exam period, and at any other time too!

## Getting in touch

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If you live in Leicester City, text your Public Health  
(School) Nurse on:

**07520 615 386**

If you live in Leicestershire and Rutland, text your Public  
Health (School) Nurse on:

**07520 615 387**

## How does it work?

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The service is available **9am to 5pm every weekday**, excluding bank holidays. All texts will be responded to by a public health nurse (school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, contact your GP, visit an NHS walk-in centre, use the online 111 service or call NHS 111. For emergencies, call 999.