

Friendly
and
Approachable

Confidential

Accessible

What Do School Nurses Do?

They are qualified nurses who specialise in supporting the health and wellbeing of children and young people. School Nurses understand the importance of maintaining your confidentiality. They are there to help you with helpful and non-judgemental advice and support for your physical and mental health.

YOUR SCHOOL NURSE



What Can You Talk to the School Nurses About?

Keeping healthy, emotional health, sexual health, puberty, drugs and alcohol, smoking, weight management, medical conditions in school, bullying, healthy relationships, body image and many more!

How Can You Contact a School Nurse?

The easiest way is through their confidential and anonymous Chat Health Text Service. You can text a School Nurse on **07480 635 363**. You can also speak to a School Nurse on **01922 423349**, Monday to Friday between 9am and 5pm.

SPEAK UP
We Care!

Where Can I Get More Information?

You can access healthforteens.co.uk for lots of health information specifically for young people.

'Don't
keep
quiet'

'You are
important'

'Nothing is
too embarrassing,
I mean it!'

'Your health
matters'

