

Your School Nurse

The School Nurse is a Registered Nurse with extra skills for helping young people with their health needs. They deliver NHS services with other professionals working with children.

Did you know you can see a School Nurse here at this school for support with:

- **Health assessment offer**- this includes support with diet, healthy eating and worries about weight
- **Healthy life style**- Drugs, alcohol/smoking advice, support and signposting
- **Emotional health**- Low mood, depression, anxiety, self-harm, stress
- **Relationships**- What is a healthy relationship- including friendships
- **Sexual health**- We can offer you a Condom Card (C Card) please allow some time for a demonstration!
- **Contraception**- Can we help and advise you about the different types of contraception that is available to you?



*Worried about
any other
aspects of your
health?*

Please ask your pastoral team
where the School Nurse is based
for the drop in,
no appointments necessary!

Client advice line: **01872 322779**