



Visit your School Nurse

Promoting and Protecting your future health.

School Nurse Drop-In Sessions held on Thursdays.

Come along to receive friendly advice or support for your health and wellbeing needs. No appointment necessary.

Check with student services for the dates I am in.

Confidential

We provide a confidential service and are here to help not judge. This means you can discuss your personal information in confidence. We would only pass on your information in order to protect you or someone else from serious harm.

Trusted

We are trained nurses who give support based on the most recent and best evidence to support physical, emotional and mental health needs.

Accessible

Our services are provided in school and the community. You do not need a referral to access the service if you attend our drop-in sessions. We work throughout the year but are not an emergency service. You may be referred to one of our nurses by a member of school staff.



Choose to change things



Healthy lifestyles



Organise, structure and routine



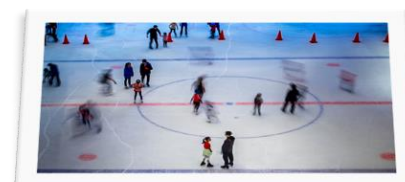
Interests, fun and relaxation



Close healthy relationships



Exercise regularly



MAKE A **C**HOICE FOR YOUR FUTURE HEALTH & WELLBEING

