

School Nurse

Can support with, for example:

General health (including sleep, diet, exercise and medical needs)

Self-care (including hygiene, technology use, and being a young carer)

Emotional health and wellbeing (including self-esteem, anxiety, anger, and low mood)

Healthy relationships (including bullying, sexual health, and relationship abuse)

Substance use (including smoking, alcohol and drug use)

Interventions: One-to-one sessions (but less frequent than EMHPs). Can also offer drop-in sessions without referral.

Referral process: Referral form needs to be completed. Speak to Mrs Smajlaj or your HoL.