



Welcome to secondary school!

September 2023

Hello

We understand that starting secondary school is a huge change and we want to let you know that your Children's Public Health 0-19 Nursing Service is here to support you.

We can offer support and advice about a range of issues affecting health including sexual health, physical and emotional health, relationships, healthy eating, drugs and alcohol, plus lots more.

Our service works confidentially and this will always be explained to you.

This is what you can expect from us:

✓ School-based drop in clinics for 11-19 year olds

We offer every young person access to a weekly confidential drop-in service in your school provided by a nurse.

Check your school screens or planner for when we are in school or ask your Tutor.

✓ Health Promotion support for 11-19 year olds

We produce termly newsletters with the latest health information which is sent to you from your school email.

✓ Packages of Care

We can offer support to young people with additional health needs, for example around emotional health; relationships; sexual health and a healthy lifestyle.

✓ Health resource for Year 11 students

We provide '*How to survive becoming an adult!* Tips to staying healthy and well and where to go for help' to all Year 11s before they finish the summer term and this is sent to their school email.

✓ Our TextHealth Messaging Service

Is a way for young people to get advice and support about health related issues.

Young people aged 11-19 years old can send a text to or start a direct web chat with us. Monday to Friday, 8:30am to 5pm (excluding Bank Holidays). See page 2.

We are here for you if you need us!

I am worried about my health, can I talk to a Public Health Nurse?

I'm here to help. Whatever is worrying you, let's talk it through.

The service can help with all kinds of things like:

- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

07480 635024

OR START A TEXT CHAT HERE

Look out for these resources!

Children's Public Health 0-19 Nursing Service

You can see one of our nurses at our weekly confidential drop-in service in school

Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during term-time and the school holidays

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- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to: **07480 635024**

or start a chat at www.childhealth.nhs.uk

Keeping well this summer

An information booklet from your Children's Public Health 0-19 Nursing Service, July 2023

Good for your body Good for your mind

Make the first move for your mental health

As we have been back to school, physical activity can make a big difference to how you feel. Increasing the sport, exercise and healthy habits you get in can help.

Here's the perfect time to get active and make the first move for your mental health with CityCare's resources.

Find ways to get active:

- Physical education in school
- Join a club
- Active holidays

Children's Public Health 0-19 Nursing Service

HOW TO SURVIVE BECOMING AN ADULT

Tips on staying healthy and well and where to go for help