



Welcome to secondary school!

September 2024

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

This 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!



CityCare
Community Health Services

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

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 chat at www.schoolhealth.nhs.uk



CityCare
Community Health Services

Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2024

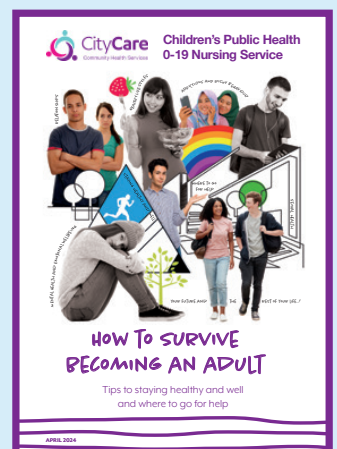
Make the first move for your mental health.

Get out and about this summer!

No matter how much you do, physical activity can make a big difference to how you feel. Increasing your good behaviours and helping reduce symptoms of anxiety and stress.

This summer, whether you go to the park or just get out of the house, make sure you don't get bored!

www.schoolhealth.nhs.uk



CityCare
Community Health Services

Children's Public Health 0-19 Nursing Service

HOW TO SURVIVE BECOMING AN ADULT

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

APRIL 2024

