

DROP IN

Are you a young person or parent/carer of a child aged 5-19 who is either electively home educated, in alternative provision or not currently in education or training?

Do you have questions about health and wellbeing?

Such as, but not limited to, the topics below:

- Healthy living
- Relationships
- Exam stress
- Low mood
- Changes to your body
- Sexual health
- Bullying
- Anxiety
- Emotional wellbeing
- Alcohol and Drugs
- Safety
- Self-harm
- Smoking/Vaping
- Health conditions
- Behaviour
- Parenting

If so then drop in for confidential advice and support...

Every Wednesday, 2:30pm - 5pm

Brandon Library, Maddock Way, London, SE17 3NH

If you are unable to make the drop in but want help and support get in touch via the text service details below or email gst-tr.schoolnurseadmin@nhs.net



Young people 11-19 can confidentially ask for help or advice from a nurse by texting...

07507 332 150

Parent or carer

You can text a school nurse on

07520 631 130



Confidentiality Statement - Services are confidential. Your personal information will not be discussed with anyone else without your permission. Your information will only be passed on if there are concerns about your safety or that of others. However, the care provider assisting you will usually speak with you first. With Chathealth your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules, and they are kept as part of your health record.