

# Gloucestershire School Nursing

Improving health, preventing illness and protecting children from harm

Children and young people can refer themselves to our service.

We also accept referrals from:

- Parents
- Schools
- GPs
- Health or social care professionals

Young people aged 11-19 can use ChatHealth, a confidential advice service

Send your text to **07507 333351**

A school nurse will respond to you

This service is available Monday to Friday, 9am to 4.30pm



Scan this code for our website and referral form or visit [www.ghc.nhs.uk](http://www.ghc.nhs.uk) and search for school nursing

Our service is for all children and young people aged 5-19. We can support with:

- Physical wellbeing**
- Emotional health, including anger, sadness and worries**
- Sleep**
- Healthy lifestyles, including diet and healthy eating**
- Puberty**
- Behaviour support**
- Personal hygiene**
- Parenting support**
- Sexual health**
- Relationships**
- Bullying**
- Bladder and bowel health**

We provide weekly drop-ins at secondary schools. We can also support at home, school, virtually, and in the community.