

A Message from your School Nurse

We'd like you to complete a questionnaire about your health and how you feel. It doesn't take long but it could be helpful for you and for other young people. Your personal information is kept private between you and the school nurses and we may arrange to see you to further explore your responses even if you don't ask to see us. We treat your information with respect and confidentiality and do not show personal information to school

Do I have to do it?

No you don't—but we hope you will. Last year 20,000 children and young people across Lancashire did.

You may also find these services helpful;



Confidential and anonymous help and advice from a Qualified Health Professional. Monday - Friday 9am - 5pm Text **07507 330 510**



SCAN ME



Find information at www.Kooth.com a free, safe and anonymous online mental wellbeing support community



SCAN ME



Stopping smoking with support can make it easier to quit.

Call free **0800 328 6297**



SCAN ME

**we are
withyou**

Get free, confidential support if you're worried about your own or someone else's drinking or drug use, call free **0808 164 0074** or chat online

<https://www.wearewithyou.org.uk/services/lancashire-for-young-people-lancaster/>



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Child and Adolescent Mental Health Services (CAMHS) and East Lancs Child Adolescent service (ELCAS) help children, young people and their families when they are feeling sad, worried or troubled.

You can get support at <https://www.healthyyoungmindspsc.co.uk/home>



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**Blackpool and Lancashire
Sexual Health Services**

Screening for Sexually Transmitted Infections, contraception methods including pills, implants, injections, coils, condoms and emergency contraception advice and support. To make an appointment at any

of the clinics call: **0300 1234 154** Mon-Fri 9am-5pm or access the live contraception webchat at <http://www.blackpoolsexualhealth.nhs.uk>



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Thank you

The School Health Team