



If you are **11-19 years old** **TEXT** your **School Health Nurse** for  
**confidential advice and support**

**07937 947946**

**We help young people with Relationships, Contraception, Sex,  
Mental Health, Self-Harm, Bullying, Healthy Eating, Drugs,  
Alcohol, Smoking and so much more.....**

**You don't even have to give your name ....!**