

Everyone feels down at times and need someone to talk to.

Whatever your issue, the NHS School Health Nurse Service is here to provide free and confidential advice.

Your next appointment

School	
Day and Time	
Location	

Useful numbers and webpages

Time 4U Outreach Nurses
(for under 25's who cannot access Sexual Health Services)
01905 681744

Samaritans
08457 909090– 24hr helpline
www.samaritans.com

Runaway Helpline
0808 8007070
01905 611602
Text: 80234 (free to text, even if you have no credit)

Childline
0800 1111 (free to call)

Worcestershire Young Carers Project
01299 252320

Victim Support
0300 3031977
www.victimsupport.org.uk



Free and Confidential drop in service

We provide confidential advice for young people on a wide range of issues

Worcestershire Helpline: 0800 783 2936
Mon-Thurs 9.00am-3.30pm Fri -9.00-12 noon
www.playinitsafe.co.uk

Time 4 U provides a range of support on:

- ◆ Sexual health advice
- ◆ Pregnancy testing
- ◆ Contraception
- ◆ Chlamydia testing
- ◆ Condoms – C Card
- ◆ Emergency contraception
- ◆ Stress
- ◆ Depression
- ◆ Self harm
- ◆ Bullying
- ◆ Family, friendship or relationships problems
- ◆ And many more.....

Confidentiality Statement

This is a completely confidential service.

We will not discuss any information about you with anyone else, unless you ask us to do so. Except in very exceptional circumstances - if you or another person's safety is at risk.

In these exceptional circumstances you will be kept fully informed.

Talking is good for you

Sometimes it's easier to talk to a stranger than to relatives or friends.

Talking can help people who are feeling distressed by difficult events in their lives

Talking about your thoughts and feelings, can help you deal with times when you feel troubled about something. If you turn a worry over and over in your mind, the worry can grow

Talking is an important part of our relationships. It can strengthen your ties with other people and help you stay in good mental health