

Learn more about  
the school nursing  
team



# Health and Wellbeing Support Services



Today the School Health team visited your school to deliver the National Child Measurement Programme (NCMP). This was also an opportunity for us to have a discussion together about health and to explore some of the things we can do to support your wellbeing.

Scan the QR codes below for services that can support you and your parents if you have any health-related questions or concerns.

## YOUNGMINDS

fighting for young people's mental health

They provide lots of tools and resources to help you look after your mental health.



## healthSPOT

If you are 11 years and older you can book a friendly and confidential appointment with a GP.



## koeth

10 years or older? Sign up online for free to get anonymous emotional health support.



## HEALTH FOR TEENS

Get information about healthy lifestyle, nutrition, feelings, relationships and more!



The School Health team are also here to support you, you can contact us via email [thgpcg\\_schoolnurses@nhs.net](mailto:thgpcg_schoolnurses@nhs.net) or call 0204 551 1414.

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