





Children's Public Health 0-19 Nursing Service



You can see one of our nurses at our weekly confidential drop-in service in school

Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during term-time and the school holidays



I am worried about my health, can I talk to a Public Health Nurse?

**I'm here to help.
Whatever is worrying
you, let's talk it through.**

The service can help with all kinds of things like:

- Emotional health
- Sexual health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

07480 635024

or start a chat at www.chatthehealth.nhs.uk



Some websites and services that you may find useful

Emotional health and well-being

- Young Minds
www.youngminds.org.uk
- Childline - you can contact Childline about anything
www.childline.org.uk
- Kooth - free, anonymous online support **www.kooth.com**
- NottAlone - mental health advice and help for young people in Nottingham - **nottalone.org.uk**
- Be U Notts - free mental health and emotional wellbeing support in Nottingham
www.beusupport.co.uk/
- Action for Young Carers in Nottingham
<https://aycnottingham.co.uk>

Relationships and sexual health

- SH:24 - Sexual health 24 hours a day – free, discreet, confidential
sh24.org.uk
- Nottingham Integrated Sexual Health Service - free and confidential **0115 962 7627**
www.nuh.nhs.uk/sexual-health-services

Sleep

Getting better sleep can have a positive impact on all aspects of your life

www.teensleephub.org.uk

If you are in crisis and need URGENT support

- Nottingham and Nottinghamshire Mental Health Crisis Line (24/7) freephone **0808 196 3779**
- Childline (24 hours) **0800 1111**
- Text **SHOUT** to **85258**

If you feel that you can't keep yourself safe go to your local A&E or ring 999

