



Want to speak to the school nurse?

**It's easier than ever
with our short
self-referral form**

**Simply scan the QR
code, enter a few details
and the school nursing
team will be in touch**



or visit:

bit.ly/SeeMySchoolNurse

**You can get support from the
school nurse about:**

- Emotional health
- Exam stress
- Sleep problems
- Relationships
- Self-harm
- Anxiety

and much more...