

SBYHN GC

'Open Door'

April 2020

Virtual Clinic for Support

Free and Confidential Service

What is this about?

The world has suddenly become very different and quite unpredictable. These daily changes can often leave people feeling overwhelmed, especially young people.

The school-based nurse (SBYHN) team can assist. We are just a click, an email or a phone call away. If your child needs to chat to a health care professional, we are here! We offer a free, confidential service - like attending a hospital or GP. We have an open door.

In uncertain times, simply **talking** about our problems and sharing our emotions with someone we trust can be very healing; by reducing stress, strengthening our immune system, and reducing physical and emotional distress.

If your young person is at high school and wants to chat about:

- mental health issues,
 - relationships,
 - sexual health advice
 - or any other health issues,
- we are here to listen and offer support.



Contact Us:

Email: SBYHNGoldCoast@health.qld.gov.au

Phone: 5687 9183



School Based Youth Health Nurses (SBYHN)

Supporting young people in high school communities.

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