

Knowsley 0-25 Service
First Floor, St Chads Clinic
St Chads Drive
Kirkby
Merseyside
L32 8RE
Tel No: 0151 514 2666

Dear Student,

As you are now coming to the end of Year 11, we would like to let you know that Knowsley School Nursing Service is still available to provide you with confidential support and advice until your 19th birthday, and to young people aged 19-25 with special Educational needs and disabilities (SEND). Your School Nursing Service can be contacted on the above telephone number and are available Monday – Friday, 9am until 5pm. We can arrange to see you at home, in a clinic or a venue of your choice.

Your family doctor will continue to support you at times of ill health, however, there is also a range of other services that are available to help you stay healthy: -

- Local chemists
- Walk In Centre's / Accident & Emergency Departments
- Emergency dental problems- contact your own dentist or telephone 0151 300 8349 for further advice or visit: 111.nhs.uk
- Emotional health support –Zuntold - This service provides online and face to face counselling and support for young people aged 11-19 and up to 25 for those with additional needs <https://www.zuntold.com/>. There is also www.youngminds.org.uk for advice and information.
- Think Knowsley – health advice and support for teenagers across the borough www.thinkknowsley.co.uk
- Health for Teens - advice and support for teenagers www.healthforteens.co.uk
- Eat well (NHS) - information and guidance about eating a healthy, balanced diet www.nhs.uk (search eat well)
- Smokefree Knowsley - support to stop smoking www.smokefreeknowsley.org.uk
- Engage Knowsley - a confidential service for support with drug and alcohol issues www.changegrowlive.org/engage-knowsley
- Axess Sexual Health - sexual health and contraception support www.axess.clinic
- Online safety- [11-18s | CEOP Education](#)

Yours Sincerely

0 - 25 Knowsley Health and Wellbeing Service.
Wirral Community Health and Care NHS Foundation Trust



**Wirral Community Health and Care
NHS Foundation Trust**

Chair: Professor Michael Brown CBE DL
Chief Executive: Karen Howell