

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

Dear student,

The School Nursing Team provides health and wellbeing support for children and young people.

Having good physical and mental health is especially important as you are getting older and there is a list of websites below you may find useful in relation to accessing free health and wellbeing support.

- 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)
- Healthy Futures Knowsley – support for young people and their families with healthy eating and keeping active www.healthyfuturesknowsley.org.uk/services/healthy-lifestyles-13-to-17
- Teenage Sleep Hub – information, advice, hints and tips to help you get a better night's sleep www.teensleephub.org.uk
- 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
- Zuntold - mental health support www.zuntold.com
- Young Minds - mental wellbeing support including information and advice on self harm, body image and eating disorders www.youngminds.org.uk
- Anna Freud - practical ways to look after your mental health www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/

- Axxess Sexual Health - sexual health and contraception support www.axess.clinic
- Brook Sexual health – information and resources on relationships and sexual health www.brook.org.uk
- Anti-bullying alliance – information and support about bullying www.anti-bullyingalliance.org.uk/tools-information
- Safety, including online safety:
 - www.childline.org.uk (search 'online and mobile safety')
 - www.childnet.com/help-and-advice/11-18-year-olds
 - www.canalrivertrust.org.uk - water safety

Vision and Hearing

Many teenagers may experience changes in their eyesight or hearing without realizing it, which can impact on your learning, social interactions, and overall quality of life.

If you have any concerns about your eyesight, your parents can arrange an eye test at the local opticians. If you are worried about your hearing, your GP (family doctor) can refer you for a hearing test so please ask your parents.

You can also see your school nurse for health and wellbeing support at the monthly drop-in session at school. Further details about this will be provided when you return to school in September. Or you can speak to a member of staff at school who can contact us to arrange an appointment to see you.

During the school holidays you can still get advice from the school nursing team by ringing this number 0151 514 2666.

School Nursing Service, Knowsley



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