

SBYHN GC 'Open Door'

March 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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