

SCHOOL-BASED YOUTH HEALTH NURSE

TALKING TO THE NURSE DURING COVID-19

THERE ARE LOT'S OF ISSUES YOU CAN TALK TO A NURSE ABOUT:

- Relationships
- Feeling sad, worried, or angry
- Healthy eating and exercise
- Personal or family problems
- Smoking, alcohol, or drugs
- Sexual health



IF YOU ARE AT HOME DURING THE PANDEMIC WE CAN PHONE YOU TO TALK.

It's easy to arrange, send an email to:

Sbyhn.BrackenRidgeSHS@health.qld.gov.au or

call 1800 570 760



Make sure to tell us your:

- Name
- Date of birth
- Address
- Email address
- Phone number
- School you attend
- Preferred day and time you would like us to call (the nurse is available school days and school hours).



We respect your right to confidentiality but there are some matters we must refer or act on.

Ask about this at your appointment.

Your appointment is important to us it may take time for a nurse to respond, we will try to get back to you as soon as we can.



If you feel unsafe and there is an immediate risk to yourself or others **call 000**.

If you wish to speak to someone immediately and there is no immediate risk to your safety, contact;

Kids Helpline 1800 55 1800 or

<https://kidshelpline.com.au/get-help/webchat-counselling>

Lifeline 13 11 14