

# school-based youth health nurse



## Welcome Back!



Hello and welcome to another school year. For those who don't know me, my name is Karen and I'm the School Based Youth Health Nurse (SBYHN) here at Bracken Ridge SHS. SBYHNs are employed by Queensland Health to work in state secondary schools with the aim of enhancing the health and wellbeing outcomes for young Queenslanders. Within the school, I am part of the Student Support Team which in 2022, includes Guidance Officers, a chaplain, and Youth Support Coordinator.

My role includes engaging in health promotion, supporting classroom education, and providing one-on-one health consults for students with health and wellbeing concerns. Appointments for young people are free, voluntary and confidential. I do not provide ongoing counselling but can provide health advice, information and / or referrals to other services.

If your young person feels that they would benefit from an appointment with the School Based Youth Health Nurse, they can self-refer or you can complete a referral on their behalf if they consent. They can also be referred through a teacher or other staff member at the school.

Referrals can be sent to [Sbyhn.SandgateDSHS@health.qld.gov.au](mailto:Sbyhn.SandgateDSHS@health.qld.gov.au).

Wishing you all a happy and healthy year ahead.

***Karen***

***School Based Youth Health Nurse***

# School Based Youth Health Nurse



## *Your Health Matters*

You can talk with a youth health nurse about your health and wellbeing and they can help you get in touch with the right services.

At school we provide:

- 1:1 confidential student appointments
- Health education classroom sessions
- Health resources and referrals

***Make an appointment today!***

*Feel free to stop by my room or send an email*

**Your Youth Health Nurse is: *Karen***

**Location: *Wellbeing Hub***

**Availability: *Mondays and Fridays***

**Email: [Sbyhn.BrackenRidgeSHS@health.qld.gov.au](mailto:Sbyhn.BrackenRidgeSHS@health.qld.gov.au)**



Growth and  
Development



Relationships



Feeling sad,  
worried or  
angry



Healthy eating  
and exercise



Personal  
or family  
problems



Smoking,  
alcohol and  
other drugs



Sexual health

