

# Your Health Visiting and School Nursing service is available to support you.



## **Are you a parent/carer who would like advice?**

We can offer support about infant feeding, weaning, toilet training, sleep, behaviour, bladder & bowel, healthy eating, general wellbeing, emotional health or any other health lifestyle issues.

## **Are you a young person who wants to speak to a School Nurse? Or are you a professional who knows a young person who may need support?**

We can support with a confidential telephone conversation around emotional wellbeing, healthy relationships including sexual health and healthy lifestyles.

**Please ring us on our single point of access telephone number on:**

# **0191 282 3319**