

School nurses' top tips

Getting to know your school nurses.

Some areas we can support with:

- Contenance
- Sleep
- Emotional Health
- Anxiety
- Healthy lifestyles
- Healthy diet
- Friendships and relationships
- Knowledge of other support services

Who are we?

School nursing is a public health nurse-led service that supports school-age children and young people (from 5 to 19 years old), and their families or carers. We work within the national Healthy Child Programme to identify and meet physical, emotional, and social health needs for the children and young people in our area.

What do we do?

We offer support in several ways including phone, face to face meetings and referrals to other specialist services. We give advice and support, and we can also direct you to other expert services and resources that are suitable for your child's health needs.

Who can contact us for support?

Any parent, carer or professional can contact us for support around health needs for a child aged 5-19 years. Young people aged 13 and over can contact us themselves.

Email: dchst.derbyshireschoolnurses@nhs.net

Telephone: 01246 515100

Website: www.derbyshirefamilyhealthservice.nhs.uk