

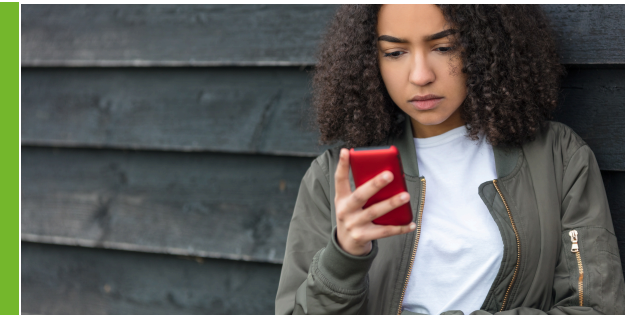
COVENTRY SCHOOL NURSING

A GUIDE FOR SECONDARY SCHOOL STUDENTS

As you start secondary school, it is important to take care of your health and wellbeing. This guide provided by the Coventry School Nursing service offers essential resources to help build your emotional and mental resilience and manage your physical health needs along with support from your family and friends as you move into this exciting next stage of life.

SUPPORT FOR MENTAL HEALTH, HEALTH ISSUES, AND OVERALL WELLBEING

There is a wide range of support available for young people, whether you're facing a mental health challenge or have concerns about your health, or you just need some well-being support. Below, we have compiled a list of support services that may be beneficial to you throughout your time in secondary school.



Mental Health Support KOOOTH

Free, safe and anonymous support for your mental well-being including live chat and online discussion boards.



SCAN HERE

Sexual Health Support Sexual Health Hub

Coventry and Warwickshire's sexual health hub, offering free confidential services for all ages.

Tel: 0330 247 0069



SCAN HERE

Urgent Mental Health Support

If you or someone is in a mental health crisis, call **111** and select the mental health option for assistance, potentially speaking with a trained mental health professional. For life-threatening situations, call **999**. Both services are available 24/7, year-round.



Coventry text:
07507 331 949

ChatHealth is a free service allowing 11 to 19-year-olds in Coventry and Warwickshire to send confidential SMS messages to school nurses, who offer impartial advice and support. This service is accessible at any time, but responses are provided during operational hours from 9am to 4:30pm, Monday to Friday. All conversations are kept confidential. You can reach out for guidance on various health concerns, including general health and emotional well-being.

Wellbeing & Mental Health Support - RISE

Rise is the CAMHS service for Coventry and Warwickshire, offering NHS-led emotional well-being and mental health support for children and young people in the area.



SCAN HERE

Drinking & Drugs Support Positive Choices

For guidance and support to young people concerning issues related to alcohol, drugs, relationships, and sexual health.



SCAN HERE

More Support

Childline (under-19s): Confidential support for any issue. Call: 0800 1111.

Samaritans: Talk anytime about anything, not just suicidal thoughts. Call: **116 123** (free).

PAPYRUS HOPELINEUK (under-35s): Confidential support and advice. Call: 0800 068 4141 or text: 88247.



01926 495321 Ext 7494



swg-tr.contactschoolnursescoventry@nhs.net



ChatHealth: 07507 329 114 (Parent Line)

ChatHealth: 07507 331 949 (For 11-19 year olds)



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

SCHOOL NURSE SUPPORT SERVICES

If you have a health concern you'd like to talk about, there are multiple ways to contact your school nurse. You can message us via ChatHealth, request your teacher to refer you, or use the contact information listed in the footer. Our service is confidential, and we are here to help from Monday to Friday, 9:00 AM to 4:30 PM (excluding bank and public holidays). We offer support for the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Managing behaviour
- Sexual health
- Emotional health and how to relax

We also provide health and lifestyle tips through our social media pages and in our school nursing newsletters, which are distributed each term directly to schools.

FUTRHER SERVICES FOR HEALTH CONCERNS...

Pharmacist & Self Care

Grazes, cold symptoms, sore/sticky eyes, sore throat, cold sores, diarrhoea or constipation, indigestion, aches and pains, repeat prescription service.



GP

A range of clinicians, including doctors, nurses and sometimes physiotherapists to help you with both mental and physical health issues.



Optician

Blurred vision, pain in or around your eye, reduced vision, flashes, and floaters.



Dentist

Tooth pain, swelling to your mouth, injury to your mouth, pain or bleeding gums, and advice on oral hygiene.



111

If you need non-emergency advice or same-day attention when your GP is unavailable, call NHS 111-24/7.



WWW.NHS.UK



Explore the NHS website for detailed information on healthcare services, medical advice and support resources.



SCAN HERE

Minor Injuries Unit

Cuts and minor burns, sprains and strains, suspected broken bones and fractures.



A&E or 999

Suspected heart attack or stroke, chest pain, breathing difficulties, severe bleeding, unconscious, serious burns.



Testicular Torsion Awareness

Testicular Torsion is a serious emergency that occurs when the testes twist, resulting in severe pain. If your son complains of sudden severe testicle pain or testicle pain for more than an hour, go to A&E.

More info



DID YOU KNOW?

What are the Year 9 Questionnaires?

When you reach year 9 you will have the opportunity to complete a short health questionnaire, enabling you to express what health information you feel you would like to know more about.



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