

### Useful Websites

[www.cool2talk.org](http://www.cool2talk.org) – The cool2talk website is for young people aged 12-26. It provides a safe space where they can get their questions answered accurately and without judgement.

[www.childline.org.uk](http://www.childline.org.uk) – a free private and confidential service where you can talk about anything.

[www.samaritans.org.uk](http://www.samaritans.org.uk) – If you need someone to talk to, we listen. We won't judge or tell you what to do.

[www.nhsinform.scot](http://www.nhsinform.scot) – Scotland's national health information service.

[www.talktofrank.com](http://www.talktofrank.com) – facts, support and advice on drugs and alcohol today.

[www.youngminds.org.uk](http://www.youngminds.org.uk) – advice and support for young people affected by mental health.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) – self help tools and advice

### Useful Links/Contacts

Child & Adolescent Mental Health Service  
01387 244662/244331

D&G School Nurses Facebook –  
<https://www.facebook.com/NHS-DG-School-Nurses-913116735479678/>



## NHS Dumfries and Galloway

### School Nurse Service

### Information for Service Users





## Contact Number

**Self Referral Number for young people, Parents and Carers**

**Monday-Friday 9am-5pm  
07795 291296**

## Confidentiality Statement

The School Nurse provides a confidential service. This means that you can discuss any personal information in confidence.

We will not discuss your information with anyone else without your permission; this includes parents, pupils and teachers.

However if you disclose that you or someone else under the age of 18 has been or is at risk of being harmed, this may need to be shared with relevant agencies.

## What does a School Nurse Do?

Staff within the team will see P1 children as part of the Child Health Surveillance programme where a height and weight will be taken.



Be someone to talk to confidentially.

Provide support if appropriate on the 10 key priority areas:

- Emotional Health and Wellbeing
- Substance Misuse
- Child Protection
- Domestic Abuse
- Looked After Children
- Homelessness
- Youth Justice
- Young Carers
- Sexual Health
- Transitions



Can help you find the right health services

Health zones are currently in development where young people will be able to access help and support from relevant professionals including the School Nurse service.

