



## YOUR COLLEGE NURSING SERVICE

### Support from someone you know and trust

Your College Nurses are here to help and can offer support or guidance on:

- Sexual health & contraception
- Keeping healthy and managing existing conditions
- Healthy eating & weight management
- Smoking & Vaping
- Alcohol & Drugs
- Advice around vaccinations
- Signposting to other health services

#### Confidential

Our service is confidential, so you can discuss personal matters in confidence. We won't share your information without your consent, including with college staff or parents/carers. The only exception would be if we need to protect you or someone else from serious harm, and we would discuss this with you first.

#### Qualified

Your College Nurses are experienced and fully qualified professionals.

#### Non Judgemental

We are here to help, not to judge.

#### Where and when to find your College Nurses

**Drop in:** C11 (Wellbeing Room) | Friday 12.30-2.00pm

**To book an appointment**, please scan the QR code.

