

We are nurses working for the NHS whose job it is to enable children young people and their families to have the best start in life and beyond by being as healthy as possible. We do this confidentially, in a way that supports and guides you and the adults looking after you to take responsibility for being healthy and preventing ill health. Our aim is to support you to be your 'best self'. You might want advice about home, school, your health and how you are feeling, or maybe just a chat. You will be surprised how many young people have similar feelings to you. We can see you at school or at home. No problem is too small, we will always listen and help where we can.



