

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

New Emotional Health Nurse Virtual School Drop-In Sandhill

- You are invited to attend a virtual drop in with your emotional health and resilience nurse – Yes, that's right, that means you don't have to talk face to face about your worries – which we know can put you off getting help.
- The Drop-In will be held on Monday mornings 10am – 11am
- The Purpose of this Virtual drop-in is to support Young People with their emotional health needs. A virtual drop-in gives young people the opportunity to discuss any concerns they have by means of Private Messaging, WhatsApp or over the phone, therefore making it a less daunting experience.
- 20 Minute appointment slots will be offered, where a school nurse will be available to message with you on a 1:1 basis and offer support around any issues you are experiencing with your **Emotional** Health. This could be for a number of reasons such as (but not limited to) Anxiety, Stress and Depression, Exam Stress, Self-Harm, Prolonged Worrying, Low Mood, Bullying, Family Conflict, Relationship Breakdown or Suicidal Thoughts.
- Appointments will be on a first come, first served basis, however a waiting list will be set up to ensure all pupils get the opportunity to get an appointment as soon as possible.

If you are interested in an appointment, please:

Ring, text, or WhatsApp me, Helen, on 07741700488

Search for 0-19 Growing Health Sunderland on Facebook and drop us a message



The drop-in will be available through two different options

If you already have Facebook – you can access the drop in through our 0-19 Service Facebook page; the sessions will be facilitated through Facebook Messenger. You can add this page by typing **Growing Healthy 0-19 Sunderland** into your Facebook Search bar.

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You can also scan this QR code which will take you directly to the Facebook page



If you do not have Facebook and do not want it, that is absolutely fine, you can still chat to us through the Messenger App. Please see the following information on how to set this up if you do not already have it.

How to set up Messenger without needing Facebook

First, you need to know how to install Messenger, which is simple. Just head to the [App Store](#) or [Google Play](#), depending on your smartphone or tablet. Make sure it's the official app, made by Facebook Inc., or you risk installing malware.

Next, you need to know how to sign up to Messenger. When you open the app for the first time, it will encourage you to log into a Facebook account using either your email address or phone number. Instead, click on **Create New Account**, underneath which it assures you the app will not create a Facebook profile.

You are prompted to enter your phone number, and are then texted a confirmation code. Once you confirm this code, you need to enter your name so that people can find you on the app. Once this is done, you're ready to begin using Messenger

*****Data Protection Information - Please be aware that the Sunderland 0-19 Service does not control the privacy of Facebook or WhatsApp Messenger. Therefore we cannot guarantee the protection of the information that is shared via these platforms. Although WhatsApp and Messenger do state that information is kept private, it is at your own risk that you share personal information with our service via these means. The Sunderland 0-19 Service will not be held responsible for any breach of information that occurs due to you – the service user's actions, or that of Facebook, WhatsApp or Messengers actions or data breaches. If you do not agree with this – please inform me before your appointment, we will then arrange for an over the phone appointment either verbally or by text messaging. For more information please go to www.facebook.com/full_data_use_policy or www.whatsapp.com/legal *****

Your Sunderland 0-19 Service has a duty of privacy for you, and we want you to be reassured that we are here "to listen not to tell". You can be sure that anything you discuss with the Nurse will stay private. Nothing will be told to Parents, Teachers or Friends without your agreement.

The only time we may need to share what you have told us, is if we think you are being harmed in any way or are likely to be harmed by anyone. Don't worry; we will always talk to you about this first.