

Torbay School Nursing Team

0 to 19
TORBAY
for you

School Nurse Drop-ins

**FREE CONFIDENTIAL ADVICE & SUPPORT,
available all year**

We can help young people aged 11 + with all kinds of things

- Alcohol and drugs
- Anxiety
- Bullying
- Changes to your body
- Contraception & free condoms
- Diet
- Emotional wellbeing
- Exercise
- General Health
- Relationships
- Self-Harm
- Sexual Health
- Sleep
- Smoking / vaping






Starts 12th Sept

When: Mondays at Yes! Brixham, Brixham
Wednesdays at The Beehive, Paignton
Thursdays at Checkpoint, Torquay

Time: 3 - 4.30pm

**Just drop-in,
No appointment needed**

For more information

 publichealthnursing.torbay@nhs.net
 0to19Torbay.co.uk
 0300 333 5352



0to19Torbay

(Monday - Friday 9am to 5pm)



NHS
Torbay and South Devon
NHS Foundation Trust

The
Children's
Society

TORBAY
COUNCIL

0 to 19 Torbay supports the health, development and wellbeing of children, young people and families in Torbay

