

## School Based Youth Health Nurse

The School Based Youth Health Nurse (SBYHN) is Anne Read.

The school nurse is someone you can talk to in private about your health and wellbeing. I can also help you get in touch with the right service.

I can provide health information in many areas such as...

- healthy eating
- exercise
- relationships
- stress
- puberty
- smoking
- alcohol and other drugs
- personal and family problems

So if you are wanting to have a chat about any of these issues, feel free to make an appointment at the Student Support Hub.

Some useful websites related to young people's health are

[www.health.qld.gov.au](http://www.health.qld.gov.au)

[www.headspace.org.au](http://www.headspace.org.au)

[www.istaysafe.com](http://www.istaysafe.com)

[www.kidshelp.com.au](http://www.kidshelp.com.au)