

# 'Open Door' Virtual Clinic for Support

## Free and Confidential Service

The world has suddenly become very different and quite unpredictable. These daily changes can often leave people feeling overwhelmed, especially young people.

The school-based nurse (SBYHN) team can assist. We are just a click, an email or a phone call away. If your child needs to chat to a health care professional, we are here! We offer a free, confidential service - like attending a hospital or GP. We have an open door.

In uncertain times, simply talking about our problems and sharing our emotions with someone we trust can be very healing; by reducing stress, strengthening our immune system, and reducing physical and emotional distress.

### Contact Us:

**E:** [SBYHNGoldCoast@health.qld.gov.au](mailto:SBYHNGoldCoast@health.qld.gov.au)

**P:** (07)5687 9183



## School Based Youth Health Nurses (SBYHN)

Supporting young people in high school communities.

If your young person is at high school and wants to chat about:

- mental health issues
- relationships
- sexual health advice
- or any other health issues, we are here to listen and offer support

