

# SBYHN GC 'Open Door'

March 2020

## Virtual Clinic for Support *Free and Confidential Service*

*MISS US???*

*Well we MISS you*



As our Service moves to an online and phone support during this pandemic we wanted to reach out to EQ Wellbeing staff specifically.

Our lines are open for YOU to call to ask for health advice around students that you are supporting.

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.

We appreciate our relationship and hope to further strengthen our ties whilst encouraging social distancing 😊  
So if you are concerned about how to support a student, or just need a health professional as a sounding board

We are here for you!!!!

### Contact Us:

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

Phone: 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.

