

# Have you got a question or concern about your health

Scan the QR code or use the link below to access the online school nurse drop in:

Every Wednesday, 3–4pm

[nhs.uk/vc/brighton-hove-hcp-secondary-school-drop-in](https://nhs.uk/vc/brighton-hove-hcp-secondary-school-drop-in)



School

Feelings and worries

Sleep

Self-harm

Healthy relationships and keeping safe

Sexual health

Bullying

Healthy eating and growth

Alcohol, smoking and drugs