

SCHOOL NURSE SERVICES



Alison Malloy is our School Nurse and is here to help and support you with **confidential** health and wellbeing advice.

How can you make contact with Alison?

Attend **DROP-IN** on a Thursday during **morning break** or **lunchtime** - in **room F15**

Via **Chat Health**—a confidential **TEXT** service on 07507 329600

Speak with your Form Tutor or Assistant Director of Year

Alison visits The Duston School weekly to speak with students on a one-to-one basis.

She can help you with

- keeping healthy,
- staying safe,
- emotional health and wellbeing,
- weight management and
- sexual health concerns.

If you think you would benefit from speaking with Alison in school, let your form tutor, ADoY or a member of the Student Care team know.

