

# Norfolk Healthy Child Service

5-19

For all school staff

## Who are we?

Norfolk Healthy Child Service continues to support children, young people and families from pregnancy through to 19 years old, or up to 24 for those with additional needs.

We're committed to supporting every child, young person and family in Norfolk to flourish.



## How we support schools?

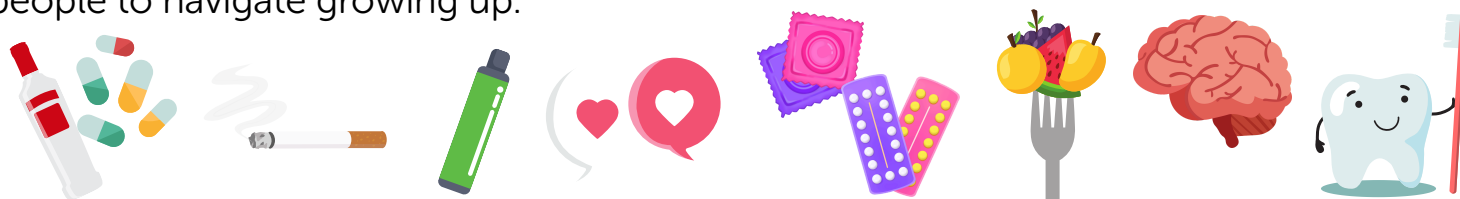
Our 5-19 team, led by school nurses work closely with children, young people and their families, playing a pivotal role in enhancing their health and wellbeing.

We play a key role in identifying children's needs, signposting to appropriate services and targeted evidence-based interventions



## Our role in public health

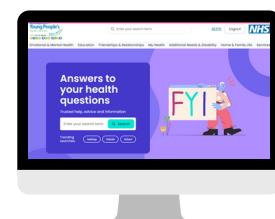
Our public health expertise in the following key areas - drugs and alcohol, smoking and vaping, relationships and sexual health, living a healthy lifestyle, emotional wellbeing, resilience and self-care and oral health - supports children and young people to navigate growing up.



## How to find out more

FYI offers trusted advice and support for 11 to 24-year-olds in Norfolk & Waveney. Covering everything from physical wellbeing to mental health advice and support, this self-help website is a one stop shop for any questions that your teenager or young adult needs answering.

<https://fyinorfolk.nhs.uk>



Just One Norfolk offers trusted advice and information during pregnancy, birth, parenthood journeys and early school life - [justonenorfolk.nhs.uk](https://justonenorfolk.nhs.uk)

