

## The School Health Service takes over from the Health Visiting Service when a child is of school age.

Our nurse-led friendly team can help with:

- sleeping problems
- emotional health and wellbeing
- wetting the bed and day wetting
- healthy eating and healthy weight
- worries and troubles – including changing schools
- self care and hygiene
- referrals to other services for more complex health needs.



Please contact 0300 123 4062 or visit  
[www.eastsussexchildren.nhs.uk](http://www.eastsussexchildren.nhs.uk)