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I have been a school nurse at a school based health center for 3 years now. I cannot emphasize how valuable a resource this is for the students & families. We are able to provide easily accessible mental health support services and medical care to students who may not otherwise seek it out or be able to afford it. My first year as a school nurse which was not in a school based health center, I struggled with feeling very limited in my ability to help families. I felt alone and I honestly considered that it may not be the right job for me. After I switched positions in the same district and started working in a school based health center I felt empowered and able to make a bigger difference in students' lives. I would be lost without the team that I work with and the resources that we have at our fingertips. Many students come to me with concerns that they are not willing to share with their parents or are scared of the consequences if they do. If it is something that can be kept confidential I work with them to help get comfortable eventually including their parents if possible. I, as a registered nurse, am not always qualified to take care of the issues that come up during the school day but with a team of professionals I can at least point students and families in the right direction to get help and support. A school based health center not only supports the students and families but also me and other school staff.