

What the School Based Health Center Means to Me

The School Based Health Center is a place where I can go and take a deep breath. For example, when I'm in class and I feel overwhelmed, I go to the nurse, knowing that she will send me to the SBHC.

SBHCs mean help to me.

When I was going through some pretty hard stuff with my family, the SBHC was there to help. I am very thankful for that.



I really can't think of ways to improve the SBHC because it feels like a home – a home that does not have fighting, but love instead.

This is what the SBHC means to me:

refuge, home, help, love, kindness, and support.

