

HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:



07507 329 952

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SEX

EMOTIONAL HEALTH | BULLYING | SMOKING

SELF HARM | CONTRACEPTION | ALCOHOL & DRUGS

YOU CAN ALSO VISIT:

HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH
INFORMATION, TAKE QUIZZES,
AND FIND OUT THE TRUTH
BEHIND THE RUMOURS.

 TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS

