

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



**Zero Tolerance
to bullying**



ChatHealth

