

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

