

Who should I speak to about my health?

Are you unsure about where to go when you're ill? Do you know where to turn and who to speak to about other issues including:

- Drugs, alcohol and legal highs
- Sexual health
- Bullying
- Weight and eating disorders
- Self harming
- Feeling down or stressed
- Sexuality or gender identity
- Grief
- Confidential advice

The Healthier Together website and app can help you.

Find us online at:
what0-18.nhs.uk

Scan the QR code with a smart phone to view the website



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