

# 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



Download the free app:  
'Healthier Together'



**Healthier Together**