

TAKE A healthy



CHECK IN WITH YOURSELF

AND CHECK OUT WHERE YOU CAN GET SUPPORT & ADVICE TO KEEP WELL.

YOUTH WELLNESS WEB



Young people helped produce this site which gives information to help keep you feeling well and supported. It includes bullying, mental health and school.

There are links, video clips and podcasts with sections for different age groups.



A confidential text messaging service to a qualified School Nurse for advice and support, aimed at 11 to 19 year olds. It includes general health as well as emotional health and wellbeing.

Mondays-Fridays, 9am-5pm.

TEXT 0750 7328 057

childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111

Free telephone number for help, advice and support if you are aged under 19.

The line is open 24 hours a day 7 days a week.

CALL 0800 1111

Lifeline

Provides telephone support to people in crisis of every age, gender, race, religion, disability and sexual orientation.

Open 24 hours a day 7 days a week.

CALL 0808 808 8000 TEXT 18001 0808 808 8000

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