

Getting Into Adolescent HEADS!

H

Home - family relationships, social support, parents

www.need2know.co.uk

www.stepfinder.org

E

Education - school, exams, careers, work experience

www2.cxdirect.com

www.myworldofwork.co.uk

www.need2know.co.uk

<http://www.barclayslifeskills.com>

<https://www.plotr.co.uk>

Exercise

www.need2know.co.uk

<http://www.gosh.nhs.uk/teenagers/staying-healthy/getting-active>

<https://www.bhf.org.uk/heart-health/yheart>

A

Activities - peers

www.arthritis.org.uk/GetInvolved/Discussionforum/Youngpeoplezone

www.diabetes.org.uk/Guide-to-diabetes/Teens

www.need2know.co.uk

www.abilityonline.org

<http://respectyourself.org.uk>

D

Diet

www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx

www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx

www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating

Driving and travel

www.need2know.co.uk

www.nhs.uk/Conditions/social-care-and-support-guide/Pages/transport-and-mobility-issues.aspx

www.mobility-centres.org.uk

Drugs - drugs, cigarettes, alcohol

www.talktofrank.com

www.talkaboutalcohol.com

www.nhs.uk/Livewell/studenthealth/Pages/Smoking,alcoholanddrugs.aspx

www.healthtalk.org/young-peoples-experiences/drugs-and-alcohol/topics

www.drugcocktails.ca

S

Sex

www.brook.org.uk

www.need2know.co.uk

www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx

www.nhs.uk/Livewell/studenthealth/Pages/Sexualhealth.aspx

www.healthtalk.org/young-peoples-experiences/sexual-health/topics

www.fpa.org.uk

Sleep

www.nhs.uk/livewell/childrenssleep/pages/teensleeptips.aspx

www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/sleepproblems/sleepingwell.aspx

www.sleepcouncil.org.uk/how-to-sleep/sleeping-tips-for-teenagers

Suicide/depression/affect

www.youngminds.org.uk

www.childline.org.uk

www.need2know.co.uk

www.nhs.uk/Livewell/studenthealth/Pages/Mentalhealth.aspx

www.healthtalk.org/young-peoples-experiences/depression-and-low-mood/topics

www.youthwellbeingdirectory.co.uk/about-us

www.studentminds.org.uk

Safety

www.gov.uk/government/publications/preventing-and-tackling-bullying

www.fpld.org.uk/publications/safeonline

www.fpld.org.uk/publications/safeoutandabout

www.internetmatters.org