

Health



Keeping healthy can make you feel good about yourself and can help you cope with life's pressures and problems. Arrange to see your doctor if you have any worries about your physical, mental, emotional or sexual health.

Everyone should have a doctor, dentist and optician. Even if everything is fine you need them for regular check-ups.

When you are looking for a dentist ask if they will take you on as an NHS patient.

If you are under 19 and still in full time education you can get free dental treatment and eye tests and even money off if you need glasses.

Prescriptions are free if you are under 16.

General health and medical information and advice

- **NHS Direct** – 24-hour advice and information.
www.nhsdirect.nhs.uk
T: 0845 46 47
- **Mind, body and soul** – information on physical, mental, sexual and emotional health.
www.mindbodysoul.gov.uk

Sexual health

There are services that can advise and support you. It doesn't matter whether you are gay, straight, bisexual or unsure.

No Worries! is a scheme to help you find sexual health services that you can trust.

All No Worries! services are listed by postcode on www.ruthinking.co.uk or phone **0800 28 29 30** – 7 a.m. to midnight, 7 days a week, free and confidential.

- **Like it is** – tells you what you need to know, exactly as it is.
www.likeitis.org
- **RU Thinking?** – visit the Lad Pad, the Lady Lounge - get the facts.
www.ruthinking.co.uk
T: 0800 28 29 30
- **Brook** – your rights, your questions, the facts.
www.brook.org.uk
Ask Brook helpline – 0800 0185 023

Emergency contraception

If you are under 19 you can access free Emergency Hormonal Contraception (EHC) confidentially from your GP or any GP practice displaying the No Worries! logo (do not be put off if you cannot see the No Worries! sign, go in and ask if they are part of the scheme).

Self harm

- **Young people & self harm** – understanding why you do it and how you can stop.
www.selfharm.org.uk

Depression and suicidal thoughts

- **The Samaritans** – 24-hour support for those feeling very depressed or suicidal.
www.samaritans.org
T: 08457 90 90 90

Eating disorders

- **BEAT** – information about eating disorders, how to get help and how to help someone you know with a problem.
www.b-eat.co.uk/YoungPeople/Home
- **Youthline** – 0845 634 7650

Keeping healthy

- **5 a day** – fruit and vegetable makeovers.
www.5aday.nhs.uk
- **The Site** – fitness, diet and appearance.
www.thesite.org/healthandwellbeing

Body image

- **The Site** – body image and self esteem.
www.thesite.org/healthandwellbeing/wellbeing/bodyimageandselfesteem

Mental health

- **Young Minds** – information and advice for children and young people. Also includes support for parents/carers.
www.youngminds.org.uk
T: 0800 1111 (Childline number)
- **RU OK** – information and advice on mental health for young people. Also includes support for parents/carers.
www.ru-ok.com

Drugs and alcohol

- **Talk to Frank** – check out the A-Z of drugs. Get help for yourself or a friend. There is a section for parents/carers too.
www.talktofrank.com
T: 0800 77 66 00
- **NHS Smoking Helpline** – help and support to quit smoking.
7 Days a week, 7am to 11pm.
www.gosmokefree.nhs.uk
T: 0800 022 4 332
- **Adfam** – support for family members affected by substance use.
www.adfam.org.uk

Connexions Centres in the West of England

Bath and North East Somerset

28 Southgate, Bath BA1 1TP
T: 01225 461 501

Bristol

4 Colston Avenue, Bristol BS1 4ST
T: 0117 987 3700 Minicom: 0117 907 4514

North Somerset

45 Boulevard, Weston-super-Mare BS23 1PG
T: 01934 644443

South Gloucestershire

21-23 High Street, Kingswood,
South Gloucestershire BS15 4AA
T: 0117 961 2760

28-30 Gloucester Road North, Filton,
South Gloucestershire BS7 0SJ
T: 0117 969 8101

Connexions Centres are open Monday – Friday.
Please contact for opening times.

enquiries@connexionswest.org.uk
www.connexionswest.org.uk

- **1Big Database** – www.1bigdatabase.org.uk
Online directory of services, organisations and groups for people in Bath & North East Somerset, Bristol and South Gloucestershire.
- **MyPlan4Life** – www.myplan4life.org
Provides young people with information they can use to make informed decisions about where they are now and where they want to go.

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connexions

WEST OF ENGLAND



Health

**Sexual health, self harm,
depression, mental health,
drugs and alcohol abuse**