



HEALTH^{FOR}TEENS

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING **RELATIONSHIPS** **SMOKING**

EMOTIONAL HEALTH **BULLYING** **SELF HARM**

ALCOHOL & DRUGS **ANXIETY** **SLEEP** **PUBERTY**



WWW.HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH INFORMATION, TAKE

QUIZZES, AND FIND OUT THE TRUTH BEHIND

THE RUMOURS

