

Who can I speak to about my health?

Not sure where to go when you're ill?
Or who to speak to about things that worry you?

- Drugs, alcohol or legal highs
- Sexual health
- Bullying
- Weight or eating disorders
- Self harming
- Feeling down or stressed
- Sexuality or gender identity
- Grief
- Confidential advice



Healthier Together

Find us online at

www.nenc-healthierttogether.nhs.uk