

Who should I speak to about my health?

Are you unsure about where to go when you're ill? Do you know where to turn and who to speak to about other issues including:

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

The Healthier Together website and app can help you. Find us online at www.nenc-healthiertogether.nhs.uk

Download the free app 'Healthier Together'



Scan the QR code with a smart phone to view the website



Healthier Together