

YEAR 11

Health & Wellbeing Digital Assembly Handout



A free confidential text messaging service for young people aged 11-19 years living in Nottinghamshire.

Text 07507 329952

Health & Wellbeing

YOUR HEALTH NOTTS is a FREE healthy eating and wellbeing support for 11-19 year olds. Personalised advice and guidance.

Qualified nutritionists and personal trainers.

TEXT: FAMILY to 62277

Call: 0115 7722 515



HEALTHFORTEENS.CO.UK

A free health website for young people aged 11-19 years living in Nottinghamshire.



www.healthforteens.co.uk

SCAN ME



Smoking and Vaping

If you are aged 12 and over you can get free, friendly support from the fully trained stop smoking advisors at Your Health Notts.

Call:

0115 7722 515

FREE

Sexual Health



Sexual Health Services
Visit: www.sexualhealthnn.co.uk

NEW



C CARD
Visit: www.ccardnottinghamshire.co.uk

Are you a young carer? (aged 5 – 17)

- Do you look after your siblings?
- Do you take care of the household bills or budget?
- Do you clean, cook and look after the house?
- Do you offer emotional support to someone at home?
- Do you help wash or dress a loved one?
- Do you give medicines to someone at home?

Get in touch with the team at Young Carers Notts
www.youngcarersnotts.co.uk

How to find a dentist

Visit NHS Choices
www.nhs.uk



SCAN ME



Young Person Involvement Group

Share your feedback and real-life experiences of health services.

Visit:

<https://nottinghamshirehealthcare.nhs.uk/iev-involvement-partner-opportunities>

SCAN ME



Preparing for adulthood

Begins in Year 9 for those already accessing health services. It is about telling you what to expect from health services as you become an adult and where you might find information.

SCAN ME



www.nottinghamshirehealthcare.nhs.uk/Prepforadulthood

For parents and carers:



Parentline

TEXT: 07520 619919



Advice Line

TEL: 0300 123 5436

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Anxiety

NottAlone

Local mental health advice and help for young people
Visit: www.nottalone.org.uk

KOOTH

Free online counselling for Young People.
Visit: www.kooth.com



SEND

Notts Help Yourself

Visit: www.nottshelpyourself.org.uk

Ask Lion

Visit: www.asklion.co.uk



Visit: www.nottshelpyourself.org.uk

Young People Zone

Visit: www.askusnotts.org.uk



SLEEP

If you are worried about your sleep,

www.teensleephub.org.uk

HEALTHFORTEENS.CO.UK

Chat to your GP

Text: CHATHEALTH 07507 329952

Communication

Do you have any questions or concerns about
your SPEECH or communication ?

CALL

0300 123 3387 OPTION 1

NOTTINGHAM CITY AND
NOTTINGHAMSHIRE ONLY



Healthy Eating Advice



SCAN ME



www.nhs.uk/eat-well

SCAN ME



www.nhs.uk/healthier-families/

Checking Your Body

It is important that you check your body
regularly for any changes. You will then know what is right for
you and what may have changed.

If you are worried about anything you find, speak to your GP.

HEALTHFORTEENS.CO.UK

Call your GP

CHATHEALTH TEXT 07507 329952



First Aid

You can find out about local first
aid courses via The British Red
Cross or St John Ambulance
websites.

www.redcross.org.uk/first-aid

www.sja.org.uk/courses

Year 11 QR Code

Ear and Eye Health

Free NHS sight tests
and hearing tests are
available for all
children under 16 and
for young people
under 19 in full-time
education.

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TEXT: 07520 619919



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TEL: 0300 123 5436