

NEED SOME EXTRA SUPPORT?

You don't have to go through it alone.

There are lots of services that can help.

Talk to your School Nurse - we can help you find the right support.

SEXUAL HEALTH & RELATIONSHIPS	Axcess 4 U	Free and confidential sexual health advice, contraception, pregnancy testing and STI testing for young people.	www.axcess.clinic
MENTAL HEALTH & WELLBEING	CAMHS	Specialist support for children and young people with mental health difficulties.	www.camhs.nhs.uk
	Kooth	Free, safe and anonymous online mental health support.	www.kooth.com
	Happy? OK? Sad?	Find local and national mental health and wellbeing support for children and young people.	www.happyoksad.org.uk
	Mind	Mental health information, advice and support.	www.mind.org.uk
	YoungMinds	Mental health information and support for children and young people.	www.youngminds.org.uk
HEALTHY LIFESTYLES	Every Body Counts	Support with healthy eating, physical activity and developing healthier habits	www.everybodycounts.co.uk
	LiveWire	Local support with healthy lifestyles, physical activity and stopping smoking or vaping.	www.livewirewarrington.co.uk
DRUGS & ALCOHOL	CGL - The Ways	Confidential drug and alcohol advice and support for young people in Warrington.	www.cgl.org.uk/the-ways
NEURODIVERSITY & SEND	ADDvanced Solutions	Support for neurodivergent children, young people and their families, including ADHD, autism and associated needs.	www.addvancedsolutions.co.uk
EATING DIFFICULTIES	CEDS	Specialist support for children and young people experiencing eating difficulties or an eating disorder.	www.ceds.org.uk
SLEEP	The Sleep Charity	Information and support to help children and young people improve their sleep.	www.thesleepcharity.org.uk
	Teen Sleep	Advice to help teenagers understand their sleep and build better habits.	www.teensleep.org
ADDITIONAL SUPPORT	ERIC	Advice and support around children's rights, SEND and many other issues.	www.eric.ork.uk

NOT SURE WHERE TO GO?

Speak to your school nurse

We can listen to what's going on, help you decide what support might be useful and signpost or refer you to the right service.

ITS CONFIDENTIAL

No judgement. Just support.

