

Contents- Click through the slides to find support and advice

1. Number to call for support
2. Advice on bullying, social influence
3. Friendships social influences
4. Self concept, mental health
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6. Personal safety

Teen Health Smart

Information on exercise, drugs, bullying, stress, body image and relationships

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258

Kooth

Online mental wellbeing community

DHFS

DHFS website provides information and support in all areas

Talk to Frank

Information and support related to drugs and alcohol

Childline

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday

NHS Choices

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance

Teenage helpline

"To provide all young people with a safe space to work together to achieve their own best potential"

Samaritans

You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

Diana award

24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258.



Social Influence

(Click on one of the coloured dots under the topic to gain further information)



Peer pressure and approval



Types of bullying



Bullying

(Click on one of the coloured dots under the topic to gain further information)



Challenging Bullying

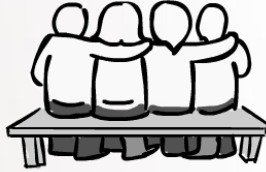


Laws



Friendships

(Click on one of the coloured dots under the topic to gain further information)



Trust and qualities of a friend



Media portrayal



Self concept

Resilience



Mental health support



Stress and anxiety



Derbyshire teen health



There are lots of different aspects to the topic you have chosen. Click on dots/picture to gain further information.

Emotions



Healthy lifestyle



Healthy eating



Healthy lBalance



Sleep



Hygiene



Exercise

There are lots of different aspects to the topic you have chosen.
Click on dots/picture to gain further information.



Personal safety



Basic first aid



Gambling



Cycle safety



*Staying safe
online*



Taxi safety

Click on the
pictures for
the links

