

## Top 20 Health and Wellbeing web links

Check out these websites for a whole range of general information and advice to do with your health and wellbeing

	<b>Topic</b>	<b>Address</b>
<b>1</b>	General Health	<a href="http://www.teenagehealthfreak.org/">http://www.teenagehealthfreak.org/</a>
<b>2</b>		<a href="http://www.youthhealthtalk.org/">http://www.youthhealthtalk.org/</a>
<b>3</b>	Sexual Health	<a href="http://brook.org.uk/">http://brook.org.uk/</a>
<b>4</b>	Emotional wellbeing	<a href="http://www.youngminds.org.uk/for_children_young_people">http://www.youngminds.org.uk/for_children_young_people</a>
<b>5</b>		<a href="http://www.youngdevon.org/youth/advice">http://www.youngdevon.org/youth/advice</a>
<b>6</b>	Help and support	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a>
<b>7</b>	domestic violence	<a href="http://www.new.devon.uk/dsva/advice-for-young-people/">http://www.new.devon.uk/dsva/advice-for-young-people/</a>
<b>8</b>	Sexuality/ LGBT	<a href="http://www.intercomtrust.org.uk">http://www.intercomtrust.org.uk</a>
<b>9</b>	Clubs and activities	<a href="http://www.spacepsm.org/">http://www.spacepsm.org/</a>
<b>10</b>	Drugs and alcohol	<a href="http://www.y-smart.org.uk/">http://www.y-smart.org.uk/</a>
<b>11</b>		<a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a>
<b>12</b>	Giving up smoking	<a href="http://www.smokefree.nhs.uk/">http://www.smokefree.nhs.uk/</a>
<b>13</b>	Education and training	<a href="http://www.cswgroup.co.uk/about-csw-group/yp/">http://www.cswgroup.co.uk/about-csw-group/yp/</a>
<b>14</b>	Benefits	<a href="http://www.adviceguide.org.uk/index/your_money/benefits_index_page_ew/young_people_and_benefits.htm">http://www.adviceguide.org.uk/index/your_money/benefits_index_page_ew/young_people_and_benefits.htm</a>
<b>15</b>	Youth Enquiry Service	<a href="http://www.new.devon.gov.uk/educationandfamilies/young-people/youth-enquiry-service-yes">http://www.new.devon.gov.uk/educationandfamilies/young-people/youth-enquiry-service-yes</a>
<b>16</b>	NCS	<a href="http://www.ncyes.co.uk/">http://www.ncyes.co.uk/</a>
<b>17</b>	Bereavement	<a href="http://www.rd4u.org.uk/">http://www.rd4u.org.uk/</a>
<b>18</b>	Eating disorders	<a href="http://www.b-eat.co.uk/">http://www.b-eat.co.uk/</a>
<b>19</b>	Body image	<a href="http://www.channel4.com/programmes/goks-teens-the-naked-truth">http://www.channel4.com/programmes/goks-teens-the-naked-truth</a>
<b>20</b>	Young Carers	<a href="http://www.youngcarers.co.uk/">http://www.youngcarers.co.uk/</a>