

## 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/home/advice/face-to-face-support/63-someone-to-talk-to">http://www.youngdevon.org/home/advice/face-to-face-support/63-someone-to-talk-to</a>                                       |
| <b>6</b>  | Help and support       | <a href="http://www.getconnected.org.uk/">http://www.getconnected.org.uk/</a>   |
| <b>7</b>  | domestic violence      | <a href="http://www.devon.gov.uk/index/childrenfamilies/domestic_violence/adva-youngpeople.htm">http://www.devon.gov.uk/index/childrenfamilies/domestic_violence/adva-youngpeople.htm</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.devonyouthservice.org.uk/">http://www.devonyouthservice.org.uk/</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.careerssw.org/13-19/education">http://www.careerssw.org/13-19/education</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.youngdevon.org/home/advice/face-to-face-support/103-the-yes-centres">http://www.youngdevon.org/home/advice/face-to-face-support/103-the-yes-centres</a>   |
| <b>16</b> | NCS                    | <a href="http://www.youngdevon.org/ncs">http://www.youngdevon.org/ncs</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.net/">http://www.youngcarers.net/</a>   |