



Warwickshire School Health & Wellbeing Service

Tel: 03300 245 204

Email: warwickshireSH&WBSERVICE@compass-uk.org

Helpful information & useful websites on health & wellbeing for Young People

Childline Tel: 0800 1111

www.childline.org.uk

Advice and support for young people around topics including bullying, abuse, safety, feelings, relationships & sex, puberty, you & your body, home & family, school, alcohol, drugs, smoking.

Severe Allergies/Anaphylaxis

www.anaphylaxis.org.uk/young-people

Asthma

www.asthma.org.uk

Bladder & Bowel, Bedwetting

www.eric.org.uk/Pages/Category/kids

Children's Arthritis

www.childrensarthritis.org.uk

Diabetes

www.diabetes.org.uk/guide-to-diabetes/kids

Epilepsy

www.epilepsy.org.uk/info/children

Diet, healthy eating, physical activity and exercise

www.greatgrubclub.com

www.nhs.uk/change4life

www.fitterfutureswarwickshire.co.uk

Peer Support

www.kidscape.org.uk – bullying, cyber bullying, friendships, moving up to Secondary school

www.bullying.co.uk

www.behealthy-peersupport.org.uk

Bereavement

www.childbereavement.org.uk

www.help2makesense.org

www.guysgift.co.uk

Emotional Health

www.youngminds.org.uk – bullying, anger, death & loss, abuse, eating problems, self harm, problems at school, sleep problems

www.warwickshire.gov.uk/sorted – Self help books on lots of topics available from libraries

www.stem4.org.uk – teenage mental health - depression & anxiety, self harm, eating disorders, addiction

Staying safe online

www.thinkuknow.co.uk

Safety

www.safetynetkids.org.uk – personal safety, bullying, online safety

Puberty

www.nhs.uk/livewell/puberty

Drugs/Alcohol/Smoking

www.talktofrank.com

Young Carers

www.warwickshireyoungcarers.org.uk