

If you are 11 to 19 years old you can talk to your school nurse at our new virtual drop ins

FREE CONFIDENTIAL ADVICE & SUPPORT

We can help young people with all kinds of things



SCAN ME



Wednesdays
3-4.30pm

0 to 19
TORBAY

Starts 15th Sept

**CHANGES
TO YOUR
BODY**
Contraception

Diet
Sexual
Health
Exercise

DRUGS
Anxiety
Self Harm

SMOKING
EMOTIONAL
WELLBEING

SLEEP
General Health
BULLYING

**RELATION
SHIPS**
ALCOHOL

To access, scan here or go to: <https://nhs.vc/tsdft-0-19-services>