



# Be Healthy

We're here to help you enjoy a healthy life. Worried about your weight? Want to stop smoking? Want information about organisations to support you? Talk to your Personal Adviser and visit these useful websites

**[www.foodfitness.org.uk](http://www.foodfitness.org.uk)**

Practical advice on healthy eating and having an active lifestyle

**[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)**

Web site to give you help, hints and tips on giving up

**[www.lifebytes.gov.uk](http://www.lifebytes.gov.uk)**

Information on healthy living, physical activity and emotional health and wellbeing

**[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)**

Information on alcohol, drugs, wellbeing, healthy eating, physical activity and sexual health

**[www.playingsafely.co.uk](http://www.playingsafely.co.uk)**

Information on sex, health and contraception

**[www.selfharm.org.uk](http://www.selfharm.org.uk)**

Website for young people who self harm

**[www.teenagecancertrust.org](http://www.teenagecancertrust.org)**

Information about cancer in teens

**[www.teenagehealthfreak.com](http://www.teenagehealthfreak.com)**

Information on all aspects of teenage life

**[www.thesite.org.uk](http://www.thesite.org.uk)**

Information on health problems, diet, drugs and relationships

**[www.wrecked.co.uk](http://www.wrecked.co.uk)**

Information on drinking and alcohol

**[www.connexions-tw.co.uk](http://www.connexions-tw.co.uk)**

The Connexions Tyne and Wear website is available 24 hours a day and covers a range of information for young people. Current local vacancies are advertised on-line - you can apply for vacancies on-line too!

Connexions Tyne and Wear is not responsible for the content of other providers' sites