

WEBCHATS EVERY MONDAY 4.30PM - 5PM APRIL - JUNE 2016

Monday 4th April: Exam stress

Monday 11th April: Positive mental health

Monday 18th April: Sleep

Monday 25th April: Healthy living

Monday 9th May: Drugs and alcohol

Monday 16th May: Bereavement

Monday 23rd May: Stay safe online


Monday 6th June: Healthy relationship

Monday 13th June: Bullying

Monday 20th June: Puberty

Monday 27th June: Anger management

Get health advice from NHS healthcare professionals, ask questions, find answers and discuss. All of the chats are **completely anonymous, safe and secure.**

All webchats are powered by  **ChatHealth** ChatHealth our safe and secure messaging service.

**REGISTER THROUGH:****WWW.HEALTHFORTEENS.CO.UK**