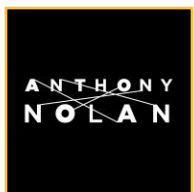


Year 10 Managing my health

Sources of support and further information



Anthony Nolan
UK charity focusing on
stem cell transplantation



BEAT
UK charity supporting those
affected by eating disorders



British Heart Foundation
UK charity funding research into
heart and circulatory diseases



British Red Cross
UK charity supporting people in
crisis; provides first aid advice



Cancer Research UK
The world's largest independent
cancer research organisation



Coppafeel!
UK charity promoting the early
detection of breast cancer



DrinkAware
UK charity which aims to
reduce alcohol-related harm



Frank
Drug advice service, created
by the UK government



Headway
UK charity promoting wider
understanding of brain injuries



Healthier Families
Government-funded programme
promoting active lives



HopeAgain
Youth-focused website of
Cruse Bereavement Support



Meningitis Now
UK charity offering support and
advice related to meningitis

Year 10 Managing my health

Sources of support and further information



Mind

UK charity offering advice about mental health problems



NHS

Publicly funded healthcare system offering various services



NHS 111

NHS service offering advice and support for urgent care needs



Rise Above

Government-funded resources promoting overall wellbeing



Shout

Free, confidential, anonymous text support service



St John Ambulance

UK charity dedicated to the teaching and practice of first aid



Stroke Association

UK charity offering support to everyone touched by stroke



Teenage Cancer Trust

UK charity supporting young people diagnosed with cancer



Winston's Wish

UK charity offering support to bereaved children



Young Lives Vs Cancer

UK charity helping young people affected by cancer



YoungMinds

UK charity working to improve young people's mental health



Your Privates

UK charity raising awareness of testicular cancer