

## Where can you get more information?

- OSCB (lots of resources on mental health and CSE)
- CSE - <http://www.stop-cse.org/>
- Time to change (Support on Mental Health)
- Change 4 Life (Healthy Food and activity advice and tips)
- NHS Choices – Whole section on Teenage Health
- Mental Health Foundation
- Tess (website around self-harm and young people)
- DOVE (website around self-esteem)
- BEAT (website around disordered eating and eating disorders)
- Youngminds ([www.youngminds.org.uk](http://www.youngminds.org.uk) – *Parents help line available*)
- MINDS ([www.mind.org.uk](http://www.mind.org.uk)) lots of resources on emotional health and wellbeing
- Oxford Health website (SHN service and Mental Health services)
- CEOP <https://www.ceop.police.uk> (The child exploitation & online Protection centre)
- ORCHID – Male cancers ([www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk))
- Anna Hillis – SHN 01235 524664 ext 210 or 07786 735788 or [anna.hillis@oxfordhealth.nhs.uk](mailto:anna.hillis@oxfordhealth.nhs.uk) or via school website.