

## Sources of information for support or advice

Thank you for taking part.

If you have questions or are worried about anything in the survey, or anything else in your life the first person to talk to is a parent, other family member or someone else you trust, if you feel able to.

Below are some contact details for other types of help. It is absolutely fine if you don't need or want this information – it is just something we offer to everyone who takes part.

None of the organisations listed on the leaflet will know that you took part, nor will they get in touch.

NHS: [www.nhs.uk](http://www.nhs.uk)

This site helps you make choices about your health, from lifestyle decisions about things like exercise, through to the practical aspects of finding and using NHS services. For advice and information on being physically active please visit <http://www.nhs.uk/LiveWell/Fitness>.

CHILDLINE: 0800 11 11

A confidential and free helpline which will not appear on a phone bill. You can also go online for a 1-2-1 instant messenger chat with someone who is there to listen and support you at [www.childline.org.uk](http://www.childline.org.uk).

The Mix: 0808 808 4994

Free, confidential advice and support for young people. You can call them, or get advice via webchat at [www.themix.org.uk](http://www.themix.org.uk).