

Youth and Connexions

We offer impartial information, advice, guidance and support for young people aged 13 – 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth workers about what you want to do. They will talk to you about the options available and help you, if you need it. **www.thesource.me.uk**

www.thesource.me.uk

by young people, for young people

Other leaflets

We have a range of other leaflets listed below available in youth clubs, schools, colleges, drop in centres or by phone and email.



Plus, you can **text** the word **SOURCE**, followed by your name, address, postcode and the leaflet you want to **60006** – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Fighting the stress of exams
- ▶ Finding work
- ▶ Free time – what to do in your spare time!
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing your money)
- ▶ Help and advice on lifestyle questions
- ▶ How to apply for jobs online
- ▶ Personal safety outside and online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)
- ▶ Volunteering / gap year

You will be charged the cost of a standard text message and your text will be used for this purpose only.

Contact us

You can always visit our drop-in centres, call us on Freephone **0800 085 4448** or email **youthandconnexions@suffolk.gov.uk**

It's all about services for young people!

Youth and Connexions is part of the Youth Offer for young people in Suffolk. Find out more at **www.thesource.me.uk/suffolkyouthoffer**

إذا كنت شابا تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل المطبوعات فالرجاء الإتصال بالرقم 01473 260180

আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাফোকে থাকেন ও এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品的翻译本, 请致电 01473 260180

Se você é um(a) jovem que vive em Suffolk e gostaria de obter este impresso traduzido (ou parte dele), por favour ligue para 01473 260180.

If you would like a copy of this leaflet in an alternative format, please call 01473 260180.

How to live a healthy life?



Keeping healthy makes you look good and feel good

A healthy diet should consist of lots of fresh fruit and vegetables and plenty of fibre.

Exercising can help keep you fit and you don't even need to join an expensive gym.

Walking to school, college or work, cycling, running, dancing or playing football are all good forms of exercise to help keep you healthy.

Eating disorders

Eating disorders are a way of coping with feelings that are making you sad or depressed.

It may be difficult to face up to and talk about feelings like sadness. An eating disorder is usually a sign that something else is wrong.

If you do have some worries, you can contact beat (beating eating disorders) who offer support for young people. www.b-eat.co.uk

If you would like some advice, call their Youthline on **0845 634 7650** or text **07786 20 18 20**.



Connexions Direct advisers are available to offer information, advice and support to young people aged 13-19 between 8am and 2am everyday. You can call them on **080 800 13219**.

Mental Health

Many people often feel un-happy due to exams, family problems or change.

It is important that you seek help or talk to someone you know and trust like your parents, friends, doctor or a Suffolk Youth and Connexions adviser or youth worker.

You can also call the Samaritans on **08457 909 090**.

Sexual Health

Stick to what feels right for you, don't feel pressurised into having sex before you are ready - there's nothing wrong with saying no. But make sure that you have the facts before you do. Call Sexwise for free, confidential advice: **0800 28 29 30**.

Contraception

A contraceptive is something that can stop an unplanned pregnancy and condoms can also prevent you from catching Sexually Transmitted Infections (STIs) such as Chlamydia and HIV.

"Me and my girlfriend decided we'd use condoms when we had sex, neither of us knew you could get them for free at various places across Suffolk!"

To find out where you can get help and contraceptive advice in your area, including access to free condoms, go to www.yפש.net

Drugs, alcohol and smoking

Taking drugs can be extremely dangerous so it's important to find out the facts.

Find out more at: www.norcas.org.uk or www.talktofrank.com

What about alcohol?

Most people like to have a drink but drinking too much, especially binge drinking, can lead to serious health problems and sometimes even death.

Accidents, fights and being sick are more likely to happen when you have had a 'few too many'.

Do you want to give up smoking?

Suffolk Stop Smoking Service: **800 085 6037**

NHS Smoking: **00 169 0 169**

NHS Pregnancy Smoking: **000 169 9 169**