

Sexual Health Advice

0300 123 4154 - select **option 3**

National Careers Service

0800 100 900 (19years +)

Substance Misuse

Young We Are With You [0808 164 0074](tel:08081640074)

Quit Squad Stop Smoking Support

0800 328 6297

Accommodation Emergencies

- During office hours call 01524 582257
- At weekends and when the office is closed call 01524 67099

Emotional Wellbeing Support

Kooth.com

Samaritans

08457 909090

Emergency

999

Police non-emergency

101

NHS Direct

111

Emergency Dentist

0300 1234 010

My Health Passport



Date of Birth	
NHS Number	
GP	

Immunisations

Immunisation given	1	2	3	4	5
Diphtheria					
Tetanus					
Polio					
Pertussis					
Hib					
Men C					
MMR					
Meningitis ACWY					
HPV					

Websites and Free Apps

www.themix.org.uk
www.leavingcare.org

Calm Harm
Mindshift
Headspace

Health Needs

- Immunisations
- Attend the dentist every 6 months or before if required. Registered at XXXXXX (include full address and date of last appointment)
- Optician –next due XXXXXX

If you have any concerns regarding your health and wellbeing please see your pharmacist, Walk in Centre or make an appointment with your GP.