

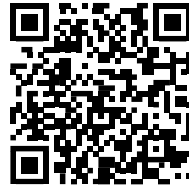
# Year 10 Physical and Mental Health

## 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



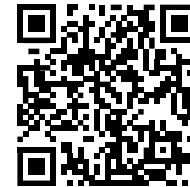
### Cancer Research UK

The world's largest independent cancer research organisation



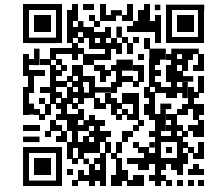
### Coppafeel!

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



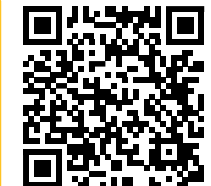
### Healthier Families

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 Physical and Mental 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



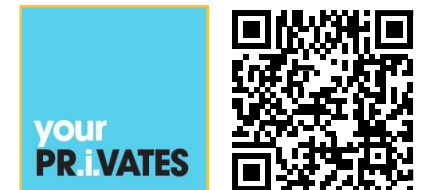
### Young Lives Vs Cancer

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