

LET'S TALK

Helping young people thrive

Develop knowledge, skills and confidence to make positive decisions about your health and wellbeing

Let's talk about...

- Relationships and sexual health
- Drug and alcohol misuse
- Feelings - sadness, frustrations, anger, anxieties, worries
- Staying healthy
- Making positive choices
- Risk-taking behaviours



Have a chat with our friendly team.
We are here to help you!

For more information
scan the QR code.



NHS

Wirral Community
Health and Care
NHS Foundation Trust