



the young people's health service



The open door for you

a confidential, professional service available to students of all ages at Calder High School.

Every lunchtime 12.30 - 1.20, in new portacabin in the quad

Information available will include:

- Emotional health, stress, coping with study pressure
- Worries at home, domestic violence, housing
- Stopping smoking
- Healthy weight and exercise – eat well, move more, live longer
- Drugs and alcohol
- Sexual health, relationships, contraception, C-Card

