- Physical health
- Managing symptoms
- Looking after yourself
- Sleep



- Home and Family
- Relationships



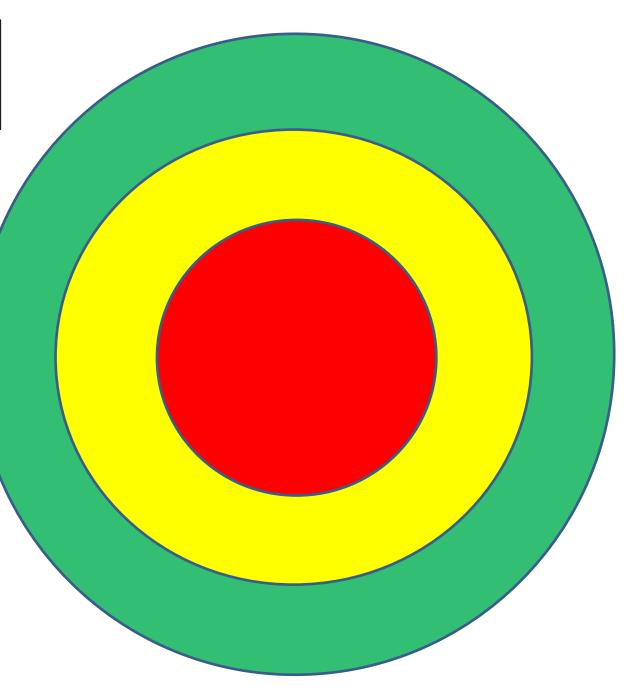
- Education / learning
- Employment
- Friends



- Eating
- Diet
- Weight



 Activities and Hobbies



**HEEADSSS Topic Selector** 



- Drugs
- Alcohol
- Tobacco / Smoking



- Sex
- Contraception and pregnancy
- Sexuality



- Coping with stress
- Self-harm
- Suicide
- Self-esteem / self-image
- Mood, Feelings and behaviours



• Safety and abuse