



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

H

- Home and Family
- Relationships

E

- Education / learning
- Employment
- Friends

E

- Eating
- Diet
- Weight

A

- Activities and Hobbies

D

- Drugs
- Alcohol
- Tobacco / Smoking

S

- Sex
- Contraception and pregnancy
- Sexuality

S

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

S

- Safety and abuse

HEADSSS Topic Selector