



- 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