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Keeping healthy - information for young people and adults with SEND

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Information about keeping healthy for young people and adults with SEND

My physical health

Here are some useful links to websites to support your physical health

- [Lose weight - Better Health - NHS](#)
- [Drink less - Better Health - NHS](#)
- [Get active - Better Health - NHS](#)
- [How to find an NHS dentist - NHS](#)
- [Overview – Eating disorders - NHS](#)
- [Quit smoking - Better Health - NHS](#)

Hospital passports

This template is available for young people and adults with a learning disability to take with you into hospital to make sure the people supporting you understand your needs. [Hospital passport template.](#)

My sexual health

[Blackpool and Lancashire Sexual Health Service Sexual Health Service designed with all ages in mind.](#)

My mental health

Here are some useful links to websites to support your physical health

[Lancashire Mind](#) local mental health charity.

Get help now [Get help now | Lancashire Mind](#)

Activities I can do to boost my mental health

[Blackpool Head Start resilience framework](#) was created to support young people and families with their mental health.

The Blackpool Integrated Learning Disability Team

You can have help from this team if you are an [adult with a learning disability](#) and you have a health or social care need that we can help with.

The team works closely with you and your family or carers.

You or someone you know can ask the team to help you. This is called a referral.

Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
FY1 1NF

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