

## Adolescent INFO – anything useful for you?

A list of websites to help in everyday life – most are not specific to your CF so you can share with your friends if you think they would find them helpful? (alphabetical rather than order or usefulness...!)

**Adolescence generally:** [www.need2know.co.uk](http://www.need2know.co.uk) Fab website with lots of info from finding housing, writing your own blog, issues of addiction and how to deal with nagging parents (apparently suggests helping out more and proving you are trustworthy...!) Supported by NHS

**Careers:** [contact@cswwgroup.co.uk](mailto:contact@cswwgroup.co.uk)

[www.youngdevon.org](http://www.youngdevon.org) – for help with traineeships and apprenticeships or getting back into education

**Cystic Fibrosis:** [www.cysticfibrosis.org.uk](http://www.cysticfibrosis.org.uk) Fab website, constantly being updated with lots of information about CF, how to get insurance, personal blogs from others with CF, exciting research, ‘financial help’ document etc

**Drugs and alcohol issues:** [www.talktofrank.com](http://www.talktofrank.com) (drugs)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) (alcohol). Try and talk to your CF team for additional support locally

**Mental Health:** [www.youngminds.org.uk](http://www.youngminds.org.uk) .

[www.studentminds.org.uk](http://www.studentminds.org.uk)

The ‘mindfulness app’ – downloadable for free from iTunes comes highly recommended from CAMHS services. Remember your CF team and psychologist can support you too so, talk to them confidentially

**Online safety:** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) some ways to keep safe online

**Pelvic floor:** [www.squeezyapp.co.uk](http://www.squeezyapp.co.uk) Wetting while you cough is a really common problem for women but even more so with CF. Check

out this app to help you with pelvic floor exercises in a fun way – remember your physio can refer for help too

**Sexual health:** [www.thecentresexualhealth.org/clinics/exeter](http://www.thecentresexualhealth.org/clinics/exeter), or tel 01392 284982. Expert local teams who are used to dealing with all complex or potentially embarrassing sexual health issues – drop in or pick up the phone

[www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health..](http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health..) Generic non CF website for helpful tips on healthy and happy sexual health and relationships

[kidshealth.org/en/teens/sexual-health](http://kidshealth.org/en/teens/sexual-health) Another generic non CF site with some useful questions answered

**Sleep:** [www.sleepcouncil.org.uk/how-to-sleep/sleeping-tips-for-teenagers](http://www.sleepcouncil.org.uk/how-to-sleep/sleeping-tips-for-teenagers)

Any others you have found helpful? – Do let us know so we can add to help other young people find the information they need.