

Useful Contacts

First Response

<https://www.bdct.nhs.uk/services/first-response/>

Bradford District Care NHS Foundation Trust CAMHS

<https://www.bdct.nhs.uk/services/child-adolescent-mental-health-camhs/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Young Minds

<https://youngminds.org.uk/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

Be Real

<https://www.berealcampaign.co.uk/blogs/man-up-bulk-up-or-girls-wont-like-you>

Beat Eating Disorders

<https://www.beateatingdisorders.org.uk/>

The Mix

<https://www.themix.org.uk/mental-health/body-image-and-self-esteem>

Childline

<https://www.childline.org.uk/>

Time to Change

<https://www.time-to-change.org.uk/>

FRANK – Anabolic Steroids

<https://www.talktofrank.com/drug/anabolic-steroids>

NHS - Anabolic Steroid Misuse

<https://www.nhs.uk/conditions/anabolic-steroid-misuse/#>

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