



**NO Worries!**  
*about what?*

Have you got a c-card?  
Have you been to a No Worries! clinic?  
Have you got something you'd like to shout about?

**HAVE YOUR SAY ABOUT NO WORRIES!**

**JOIN THE NO WORRIES! TEAM**  
**TEXT 07798 690 250**  
**EMAIL [YPHEALTH@SOUTHGLOS.GOV.UK](mailto:YPHEALTH@SOUTHGLOS.GOV.UK)**

No Worries! is a scheme to make it easier for you to get relationships and sexual health advice and services. Even if you are under 16, No Worries! services are free and confidential (unless you are in danger).

No Worries! is now looking for young people to get involved. From designing leaflets and posters to mystery shopping clinics we need you to get involved!

For more information just text 07798 690 250 or email us [yphealth@southglos.gov.uk](mailto:yphealth@southglos.gov.uk)

