

## Be Happy

Whether you're feeling different or have noticed a friend acting out of character, Just Say is here to help you access support and information on mental health as well as when and where to get help.

## Be Healthy

Making better choices can make a big difference to your health. We're here to help you do more and feel better with free hints and tips on everything from eating healthily, drinking less, quitting drugs or smoking and getting more active.

## Be Safe

When you're worried about your safety or someone else's it can be hard to know what to do. Just Say is here to help you find out more about personal safety, staying safe online, types of abuse and where to go to access safe and confidential support.

## Be Independent

Being independent means taking care of yourself and making your own decisions about your own life. Access free tips on how to be more in control of where you live, what you do, getting a job and understanding your money.

If you need advice,

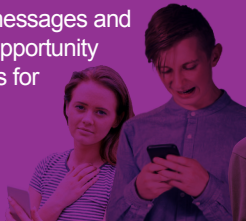
**Just Say**



**Just Say, the app helping you find your way to be happy, healthy, safe and independent.**

This handy app is designed to help young people get the advice and support they need to start to achieving their ambitions, whether that's stopping smoking, saving up to move out, relationship advice or help if a mate has started acting a little differently.

Packed with games, daily positive messages and activities, as well as giving you the opportunity to set daily goals and collect trophies for hitting your milestones, Just Say gives you quick and simple support, right at your fingertips.



Simply create your account, set up your profile, choose a profile pic and off you go! Search by postcode to access support and services closest to you or browse the directory to find where to get advice on a specific subject.



**Just Say, the app that helps you set goals, take control and puts you in touch with organisations who can help.**

Download  
Just Say today.



**How to Get in Touch**

 [justsay@northumbria.nhs.uk](mailto:justsay@northumbria.nhs.uk)

 [www.northumbria.nhs.uk/justsay](http://www.northumbria.nhs.uk/justsay)

