



# YOURhealth

Prevention and Lifestyle Services



Humber Teaching  
NHS Foundation Trust



HEALTHY EATING



WEIGHT MANAGEMENT



SMOKING



ALCOHOL



PHYSICAL ACTIVITY



EMOTIONAL WELLBEING



SEXUAL HEALTH



LONELINESS AND ISOLATION



STRESS AND ANXIETY



LOW MOOD



SLEEP HYGIENE



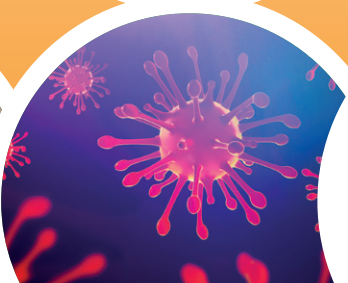
BEREAVEMENT



DEBT SUPPORT



HOUSING SUPPORT



COVID-19 RECOVERY



Get in touch 0800 9177752 or visit  
[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)