

for your information

Introducing the new FYI website for young people in Norfolk & Waveney

Norfolk and Waveney Children and Young People's Health Services have launched a brand-new website 'FYI' for those aged 11-24, who are seeking self-care advice, information and guidance about their health and wellbeing. The new website is validated by NHS clinicians and other professionals, making it a reliable source of information on topics such as, health, education, relationships, emotional and mental health and much more.



Using interactive content, downloadable resources and real-life experiences, FYI aims to empower young people to take control of their health and wellbeing, as well as providing information on accessing further local help and advice if needed.



www.fyinatorfolk.nhs.uk