



## About us



Happy 'n' Healthy Sefton is the name of the service.



The service is for anyone up to the age of 19. It is also for anyone up to the age of 25 if they have a Special Educational Need or Disability.



We want our children and young people to be happy and healthy.



This will help them to become a healthy adult.



We can help children and young people with:

- Managing their weight.
- Their mental health.
- Their physical health.
- Their sexual health and relationships.
- Stopping to smoke or vape.
- Drug and alcohol misuse.



We will work with different organisations who will help children and young people to be happy and healthy.



Click on the **Our Partners** page to find out more information about them.



Do you, or someone you know, need help with their health and well-being? Click on the **How to Refer** page for more details.