



INTRODUCING OUR HEALTH UNCOVERED PODCASTS With Cel Spellman

Our new series of podcasts hosted by BBC Radio One presenter and actor Cel Spellman aim to get more young people in-tune with their health and wellbeing.

Sexually transmitted infections, low-mood, self-harming, drugs, alcohol and everything else – Cel is lifting the lid on teenage health.

Life isn't always easy - and young people across the country have been helping us explore the issues that they're facing today. From online bullying to sexual health, body image to mental health. They've been asking the questions you want to hear answered, joined by the health professionals that help young people, like school nurses and mental health specialists, to provide solutions, support and understanding.

LISTEN NOW

The podcasts are free and you can listen via mobile devices. Just search "Health Uncovered" in your favourite podcast app, like iTunes, or click below ...

Health Uncovered – Series 1	iTunes	Non-iTunes
#1 – Sexual health, STIs	iTunes	Non-iTunes
#2 – Bullying, how it feels	iTunes	Non-iTunes
#3 – Mental health, me and my emotions	iTunes	Non-iTunes
#4 – Sexual health, are you ready?	iTunes	Non-iTunes
#5 – Mental health, are you OK?	iTunes	Non-iTunes
#6 – Grooming, could it happen to me?	iTunes	Non-iTunes
#7 – Mental health, taking control	iTunes	Non-iTunes
#8 – Mental health, asking for help	iTunes	Non-iTunes
#9 – Social media, is this real life?	iTunes	Non-iTunes
#10 – Substance misuse, know your choices	iTunes	Non-iTunes



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