

## **General Health**

**[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)** - NHS Direct 0845 46 47. Ask about any health problem and get advice or signposting to someone who can help.

**[www.bbc.co.uk](http://www.bbc.co.uk)** - Easy to use site with lots of info for young people..

## **Sexual Health**

**[www.ruthinking.co.uk](http://www.ruthinking.co.uk)** - for under 18's sex relationships and contraception. Sexwise helpline 0800282930 for u 18's only 7am - midnight every day.

**[www.drugs.org.uk/daat](http://www.drugs.org.uk/daat)**- Clear facts about drink and drugs for young people in Leicestershire.

**[www.talktofrank.com](http://www.talktofrank.com)** for help with drug problems.

**[www.guit.org.uk](http://www.guit.org.uk)** - Advice on giving up smoking and staying stopped.

## **Healthy Eating**

**[www.b-eat.co.uk/youngpeople/home](http://www.b-eat.co.uk/youngpeople/home)** Info and help on eating disorders.

## **Well-being**

**[www.childline.org.uk](http://www.childline.org.uk)** -Childline 0800 1111

**[www.beyondbullying.com](http://www.beyondbullying.com)** - Leicestershire anti bullying website.

**[www.thehideout.org.uk](http://www.thehideout.org.uk)** - Help and info for young people living with domestic violence.

**[www.youngcarers.net](http://www.youngcarers.net)** - Advice and info for young carers.

**[www.rd4u.org.uk](http://www.rd4u.org.uk)** - for young people by young people when someone dies

**[www.youngminds.org.uk](http://www.youngminds.org.uk)** - info for young people, professionals and parents.

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'You're Welcome' to:

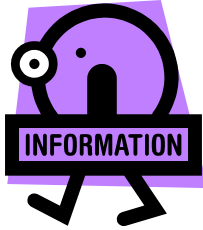
# The CHAT Clinic

WHETHER YOU ARE 16 OR UNDER  
YOU CAN VISIT US WITHOUT YOUR  
PARENT OR CARER.

- NEED HEALTH ADVICE - available FREE from our practice nurse.
- TALK TO US IN CONFIDENCE - You can ask to see a male or a female health worker.
- INFORMATION ABOUT YOUR HEALTH - worried about how you feel.
- QUESTIONS ABOUT YOUR SEXUAL HEALTH — are you ready to have sex?

We want you to feel you can visit the surgery and receive the support and help you need - when YOU need it.





## HERE TO LISTEN - NOT TO TELL.

Don't worry that the doctor or nurse you see will tell your parents Even if you are under 16 you have a right to confidentiality and privacy.

***No one will pass on any information about your visit unless they think you or someone else is in serious danger.***

If you are still worried ask the doctor or nurse about it when you see them.

## HOW DO I MAKE AN APPOINTMENT?

The only information you need to give is your name and either your date of birth or address.

If you need to see someone urgently then say so but you do not need to say why you need an appointment. Telephone or call in to the surgery to make an appointment.

## WILL IT COST ANYTHING?

If you are 18 or under and in full time education you will not have to pay for anything.

Prescriptions for all contraceptives (pills, coils, patches, implants and emergency contraception) are FREE for everyone of any age.



## WHAT CAN THE SURGERY OFFER ME?

- Help to stop smoking.
- Encouragement with healthy eating and weight issues.
- Contraception, STI and sexual health advice.
- Someone to talk to about mental health and well being
- Support to tackle alcohol and drug misuse.

You can have someone you trust with you and ask to see a male or female health worker if you wish.

## WHAT ABOUT OTHER SERVICES FOR YOUNG PEOPLE?

We work with other agencies who give help and support to young people. If we don't offer what you need we will put you in touch with them. As you get older we will help you move on to adult services.



**Information specifically for young people is available on the World Wide Web at the following addresses:**

**[www.connexions-leics.org](http://www.connexions-leics.org)** — A service for all aged 13-19 advice, info and support with everything from education to health, drugs, relationships and housing.