

Helpful sources of information on health

Sexual Health

Pop text—07814 877 859 Text your questions on relationship and sex or for information on your local services

Drugs/Alcohol

www.drugs.org.uk/daat - Clear facts about drink and drugs for young people in Leicestershire.

www.talktofrank.com for help with drug problems.

www.quit.org.uk - Advice on giving up smoking and staying stopped.

Healthy Eating

www.b-eat.co.uk/youngpeople/home Info and help on eating disorders.

Well-being

www.childline.org.uk Childline 0800 1111

www.beyondbullying.com - Leicestershire anti bullying website.

www.thehideout.org.uk - Help and info for young people living with domestic violence.

www.youngcarers.net - Advice and info for young carers.

www.rd4u.org.uk - for young people by young people

www.lostforwords.info

Samaritans: Jo@samaritans.org
08457 90 90 90 Text 07725 90 90 90

when someone dies

www.youngminds.org.uk - info for young people, professionals and parents.



General Health

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 - Easy to use site with lots of info for young people..

Latham House Medical Practice
Sage Cross Street
Melton Mowbray
Tel 01664 503000

Latham House Medical Practice

CHAT Clinic

(For Teenagers)

Wednesday 4pm-5pm

Whether you are 16 or under you can visit us without your parent or carer.

We are here to listen and not to tell.

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

Latham House Medical Practice
Sage Cross Street, Melton Mowbray, LE13 1NX
01664 503000

NHS Direct (out of hours) 0845 4647

WHAT CAN THE SURGERY OFFER ME?

- Help to stop smoking
- Encouragement with healthy eating and weight issues.
- Contraception and sexual health advice. Implant and Coil fitting (*these are long acting reversible contraception*)
- Someone to talk about mental health and well being.
- Support to tackle alcohol and drug misuse.
- Asthma and diabetic reviews.
- Travel vaccines and advice.
- Immunisation.
- Counselling
- Minor surgery

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

Chat Clinic (Confidential Health Advice for Teenagers)

No need for an appointment, you can attend without an adult being present. The clinic is free, confidential and very friendly. You can talk about any personal problems, your sexual health and any contraceptive needs.

Times: Wed 16:00 to 17:00



Minor treatment Unit - Open 8:30 to 18:00 and is staffed by trained nurses who will offer treatment, help and advice.



Resolution - Stop Smoking Service Phone 08450452828.

Chlamydia Screening Programme

for 15-24 year olds - Please pick up a Chlamydia screening kit from the surgery, which are available in all the toilets or ask a member staff for a kit. The test is simple and there is no need to see a Doctor. Just fill in the form and provide a urine sample and hand it in to anyone at the surgery. If your partner is aged over 24, they can talk to one of the clinic nurses about being tested for chlamydia.



Condoms - Free condoms are available from the **CHAT** Clinic and all nurse led clinics



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

THE TYPES OF CONTRACEPTION WHICH ARE FREE AT THE CHAT CLINIC ARE:

Pills, Coils, Patches, Implants, Contraceptive Injections, Contraception rings and Emergency Contraception

Condoms are given out when you attend the CHAT Clinic for males and females.

A charge for emergency contraception occurs if you are over 18 and obtain the service from a pharmacy.

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.

