

Looking after your health and wellbeing

TOP TIPS FOR TEENS

Who do you talk with when you need advice about your health and personal life?

While it's best to talk with your parents (or guardians), they might not be your first choice. If you are too embarrassed or worry about how your parents will react, it's important that you talk with an adult who can give you trusted advice, like your doctor.

Your GP :

- Respects your privacy
- Has answered all kinds of questions from other teens
- Is an expert in health issues and will want to ask you private questions about your health to help you make decisions
- Can help you find a way to talk with your parents or other trusted adults.
- Will keep the details of what you talk about confidential.

NHS Ipswich and East Suffolk Clinical Commissioning Group is responsible for planning, buying and monitoring health care services in the local region.

Find out more: www.ipswichandeastsoffolkccg.nhs.uk/yeah



when it's less
urgent than 999

WHERE TO GO FOR ADVICE

There are lots of different places and people who can give you health advice:

EMOTIONAL SUPPORT

If you are feeling down, stressed, anxious or overwhelmed, talk to someone. The Suffolk Wellbeing Service provides support such as workshops and counselling and other talking therapies.

Or you can find help online at:
www.readytochange.org.uk

Other people who can help:

Samaritans 08457 909090

ChildLine 0800 1111

FRANK 0300 123 6600 (drugs)

YOUR VACCINATIONS

You should be vaccinated against diphtheria, tetanus & polio (Tf/PV). Also, meningitis C and mumps. If you have asthma or a serious long term condition you should get a flu vaccination at your GP surgery.

CARING FOR YOURSELF

There are many ways to look after yourself: wash your hands after using the toilet, take regular exercise, enjoy your five portions of fruit and veg a day, be sensible with your alcohol intake, ensure you get plenty of sleep.

SEXUAL HEALTH & CONTRACEPTION

Contraception, including condoms, are free for men and women from any GP or family planning clinic, where sexual health advice and Chlamydia testing is available.

www.icashsuffolk.co.uk

The c-card scheme is aimed at young people between 13-24 years old who can register to get a range of free condoms, femidoms, lube and advice.

www.suffolksexualhealth.com/ccardscheme



USEFUL WEBSITES

Local:

www.thesource.me.uk

www.whatsthedealwith.co.uk

www.catch-22.org.uk

www.4yp.org.uk

National:

www.childline.org.uk

www.bullybusters.org.uk

www.talktofrank.com

www.thinkuknow.co.uk

www.b-eat.co.uk

www.youngminds.org.uk

www.riseabove.org.uk

YOUTH FORUM



Are you aged 16-18 and want to have your say on local healthcare issues? Visit our website to find out about our Youth forum.

