



# TEEN HEALTH STARTS HERE

Becoming a young adult is a really exciting time. You'll be starting to take more responsibility for all aspects of your life including your health and wellbeing.



Here are some common questions we get asked by young people...

## How do I book an appointment?

Call the surgery on 01903 742942. If it's urgent then try and call from 8.30am. Our reception staff will ask you for some information about your problem to see how they can help. They'll let you know who is best for you to see, a doctor, nurse or other healthcare team member. We offer telephone appointments as well as face-to-face appointments so you may not need to come in person.

## How do I get there?

The Glebe Surgery is easy to get to on foot/by car/bus. If you're using a sat nav our postcode is RH20 4FR. The practice reception area is on the ground floor and there is a check-in screen to check in for your appointment or you can go to the reception desk if you are unsure or need some help. Our friendly team will be happy to help you.

## Do I need my parents/guardians permission to get treatment?

No, as long as the doctor is happy you can make a sound judgement about your health. You can come by yourself and agree to your treatment.

## Will you tell anyone else I came?

You have the right to your privacy and we'll only need to share information in certain circumstances and with your knowledge or permission.



## What if I need some medication?

We order any medication for you direct to a pharmacy for you to collect. We may ask you which pharmacy you would like your medication to go to. You can then collect them when it suits you. They will ask you your name and address when you collect. This service is usually free.

## Having Medication does this cost anything?

Seeing a doctor if you reside in the UK is usually free and you won't pay for your prescription/medications if you are under 18 or in full-time education.

## Mental Health

**Find it out** are a West Sussex service that support young people aged from 11-25 years old with a range of challenges from bullying, anxiety, young carers, grief, racism and gender identity, social media and starting work to name a few. They have centres around our area.

**Visit here for more information** [e-wellbeing.co.uk/services/finditout/](http://e-wellbeing.co.uk/services/finditout/)

## West Sussex Mind

Offers mental health support for young people here at Glebe surgery. Ask your GP if you want to know more or visit

[www.westsussexmind.org/help\\_and\\_support/specialist-services/support-for-younger-people](http://www.westsussexmind.org/help_and_support/specialist-services/support-for-younger-people)

## Sexual Health

Sexual Health West Sussex can help with advice and services including screening and contraception. They have centres across the area as well as offering postal services/testing

**Please visit for more information.** [www.sexualhealthwestsussex.nhs.uk/](http://www.sexualhealthwestsussex.nhs.uk/)

Whatever your health needs The Glebe Surgery is here for you

**From all the staff at The Glebe Surgery**



West Sussex  
Mind

