



## When is the Clinic held?



The service is open on Tuesdays between 4 pm & 6 pm. We would like you to make an appointment if possible – please call 0844 815 15 11.

Alternatively, if something happens that you need to discuss urgently then please just call in and we should be able to see you.

## Useful Websites

- [www.talktofrank.com](http://www.talktofrank.com) (The truth about drugs)
- [www.doctorann.org/age/](http://www.doctorann.org/age/) - what can I do when I am 7, 10, 12, 13, 14, 15, 16, 17, 18 and 21?
- <http://www.fpa.org.uk> (Family Planning advice)
- [www.brook.org](http://www.brook.org) (Family Planning advice)
- [www.nspcc.org.uk/helpandadvice/whoturnto/childline/childline](http://www.nspcc.org.uk/helpandadvice/whoturnto/childline/childline)
- ChildLine 0800 1111
- <http://www.childline.org.uk/Pages/Home.aspx>

Albion Way  
Horsham  
West Sussex  
RH12 1BG

Tel: 0844 815 1511

Fax: 0844 815 1355

[www.parksurgery.com](http://www.parksurgery.com)

[parkadmin@nhs.net](mailto:parkadmin@nhs.net)



# Teen Clinic @ Park Surgery

For young people  
aged 12-18

Tuesdays 4-6 pm

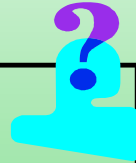
Acne

Drugs

Bullying

Contraception  
Contraception

### What is the Teen Clinic?



The Teen Clinic offers confidential help, information, advice and support on teenage issues including, contraception, sexual matters, period problems, acne, emotional worries, bullying, smoking, alcohol and drugs.

### Who is the Teen Clinic for?



The Teen Clinic is for boys and girls aged 12-18

If you have a specific query or just want to come along to talk something through with one of our nurses then we will be happy to see you.

We want you to feel comfortable about coming to see our nurses. They are happy to see you by yourself, if this is what you want, even if you are under 16. You may like to bring a friend with you.

Anything you discuss with any member of this practice will stay totally confidential.

Period problems

Emotional worries

Alcohol

Smoking

Sexual matters