

## Confidentiality

All of the services detailed in this leaflet are bound by confidentiality, this means the information you give them will be kept safe and private. Health workers are not allowed to tell your parents anything you have discussed with them without your agreement.

## Contraception and Sexual Health

The Practice employs an Advanced Nurse Practitioner who specialises in Sexual Health and Contraception. Please contact the Practice to arrange an appointment with her.

Nottinghamshire Sexual Health Clinic offer free and confidential services:

- STI diagnosis
- Testing and treatment
- Chlamydia testing
- Sexual health advice and information
- Contraception
- Emergency contraception

Tel: 01623 672260

NUPAS – National Unplanned Pregnancy Advice Service

Tel: **0333 044 6666**

Email: **[info@nupas.co.uk](mailto:info@nupas.co.uk)**

BPAS – British Pregnancy Advice Service

Tel: **0345 730 4030**

Email: **[info@bpas.org](mailto:info@bpas.org)**



## NHS Smoke Free

Would you like help and support to stop smoking?

Tel: 0300 123 1044

## Your Health, Your Way

Provide support with weight management, smoking, physical activity and brief alcohol intervention

Tel: 0115 772 2515

## Substance Misuse

Your GP can discuss your problems with you and refer you for the correct treatment or you can call

**Frank** drugs helpline **0300 123 6600**

## Counselling Services

CASY – Counselling support for young people

Provide support to reduce and relieve the suffering and distress and to improve the emotional wellbeing of young people and their families

Tel: **01636 704620**

Email: **[office@casy.org.uk](mailto:office@casy.org.uk)**

MIND: **0300 123 3393**

Talking therapies is a free and confidential service to anyone over 18 living in Nottinghamshire

Insight: **0300 555 5582**

Email: **[east.midlands@insighthealthcare.org](mailto:east.midlands@insighthealthcare.org)**

## Are you a Carer?

A carer is someone who provides unpaid care for a family member, such as, a parent, brother, sister or grandparent:

- With a physical disability
- With a mental health problem
- With a learning disability
- Who misuses alcohol or drugs
- Who has a sensory loss impairment
- Who has a long term health condition
- Who has a life limiting condition

Did you know you can get help and support?

### Nottinghamshire Young Carers

Tel: **0300 500 8080** or **0115 824 8824**

Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)  
[hub@carerstrustem.org](mailto:hub@carerstrustem.org)

Young Carers Transition Project:

Supports young carers aged 15-19

- Provided one to one mentoring support
- Provide access to groups
- Help to develop your skills and confidence

Tel: **0115 962 9335**

**Please let the Practice know if you are a Carer – We can provide you with further information or support.**



## Fountain Medical Centre

Dr Mark Jefford  
Dr Mark Folman  
Dr David Wicks  
Dr James Bignall  
Dr Natalia Mulhern  
Dr Felicity Hart  
Dr Jessica Holt

## Services for Young People

Sherwood Avenue Newark NG24 1QH

01636 704378

