

# TEEN HEALTH SUPPORT

Marysville Medical Practice  
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SY3 7QR

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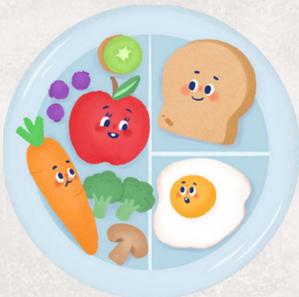
## MENTAL HEALTH



## SEXUAL HEALTH



## DIETITIAN SUPPORT



## SLEEP SUPPORT



## WHY IT'S IMPORTANT FOR YOUNG ADOLESCENTS TO TAKE ACTION:

Children and young people progress through a number of transition stages in their lives as part of the journey to adulthood. Early adolescence is widely recognised as a crucial period. During this transition, children and young people may experience changes or be exposed to situations which may positively or negatively impact on their health and wellbeing.

Young people experience significant physical, psychological and behavioral changes as they progress to adulthood. Appropriate and timely support for young people is essential to ensure future health and wellbeing.

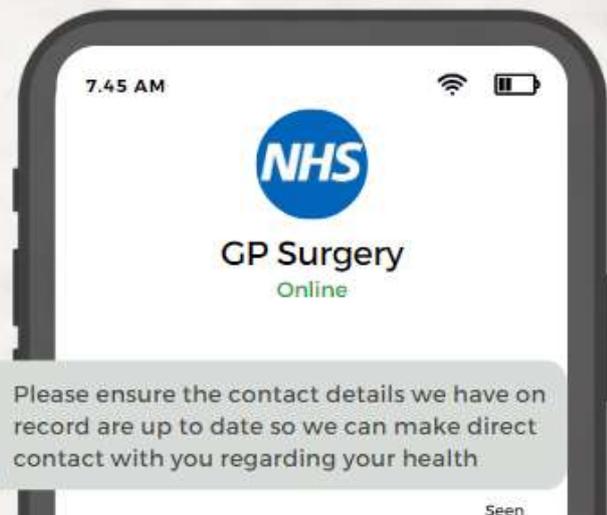
It is beneficial for young people to have a say in their health and wellbeing, we recommend teens should be involved in decision making when it comes to medical treatment.

## CONTACT INFORMATION

Everyone should have access to information about their own healthcare, to check the information is accurate and to help manage any conditions they may have.

Your whole care team, whether in a GP practice or hospital, needs to have access to up-to-date contact information for you to inform you of any treatments, and to provide you with the best person centered care.

SHREWSBURY  
PRIMARY CARE NETWORK



# TEEN HEALTH SUPPORT

## MENTAL HEALTH

**Access Team-** Call us on **0808 196 4501** for our 24-hour crisis support and advice line

**Samaritans-** Call **116 123** for our free 24-hour listening service (We do not offer professional advice)

**Shout 85258-** Text the word 'SHOUT' to **85258** for our 24-hour texting support service

**YoungMinds-** Visit us on **youngminds.org.uk** for support with mental health and advice for both parents and carers

**Alumina-** Visit our website **Selfharm.co.uk** to access a free online 7 week programme for teens aged 10-17 years of age suffering with self harm

**Mencap-** Call **0808 808 1111** for general support with learning disabilities or visit us online at **mencap.org.uk**

**Papyrus (Prevention of young suicide)-** Call **0800 068 4141** for support for young people under 35 who feel like they want to take their own life.

## SEXUAL HEALTH

### Integrated Sexual Health Services

Severn Fields Health Village  
Sundorne Road  
Shrewsbury  
SY1 4RQ

Telephone- **0300 404 2996**

-Contraception  
-HIV, Pep & Prep  
-STI Testing  
-Emergency Contraception  
-Sexual Assault Support  
-HIV Treatment & Care

Order a free STI test kit online- **sh.uk**

**Monday-** 8:30am to 12pm

**Tuesday-** Closed

**Wednesday-** 8:30am to 4pm

**Thursday-** 9:30pm to 4pm

**Friday-** 8:30am to 4pm

**Saturday-** 8am-4pm (Alternative weekends)

**Sunday-** Closed

**(No walk ins available, appointment only)**

There is also more information on the NHS website regarding sexual health services within the area. Please visit **nhs.uk/nhs-services/sexual-health-services** for information.

## FACTS:

- Recently MIND the mental health charity sent out a survey and a staggering 37% of female respondents aged 16 who have received mental health support have received this from a friend, but only 15% of males aged 16 state they have done the same.
- Adolescence is a critical period for young people's mental health and wellbeing. The most recent data shows that one in seven 11 to 16 year olds have a diagnosable mental health disorder
- Gonorrhoea is increasing in people of all ages, but the rise is highest among young people aged 15 to 24 years
- Children are currently consuming more than the recommended daily limit of sugar and this is a contributing factor to excess weight gain. The National Diet and Nutrition Survey found that sugary drinks account for 17% of 11 to 18 year olds daily sugar intake

## SLEEP SUPPORT

**Teen Sleep Hub-** Sleep training and resources available for teens, parents and carers at **teensleephub.org.uk**

**Sleep Foundation-** To view articles and products to help improve your sleep visit us online at **sleepfoundation.org**

**Mind-** Visit our website **mind.org.uk** for advice on how to improve your sleep

**National Sleep Helpline-** To speak to a trained sleep advisor contact us via phone on **0330 353 0541**

**Monday-** 7pm to 9pm

**Tuesday-** 7pm to 9pm

**Wednesday-** 9am to 11am

**Thursday-** 7pm to 9pm

**Friday-** Closed

**Saturday-** Closed

**Sunday-** 7pm-9pm

**(Excluding bank holidays)**

Health  
is wealth

## DIETITIAN SUPPORT

**Health For Teens-** Whether its for specific support or help to take the next step we're here to guide you, visit us online at **healthforteens.co.uk**

**British Nutrition Foundation-** Contact us on **nutrition.org.uk** for diet and lifestyle advice

**Beat-** Offering support and advice regarding eating disorders, call us on **0808 801 0677** or visit our webpage **beateatingdisorders.org.uk**

**Health for Kids-** Visit our website **healthforkids.co.uk** for healthy lives advice for both children and parents.

**Better Health-** For healthy recipes and dieting advice visit us on **nhs.uk/healthier-families/**

**The Mix-** Get free essential support for under 25's by visiting us at **themix.org.uk**

# TEEN HEALTH SUPPORT

## GET THE NHS APP



Download the NHS app today and get in control of your own health.

You must be aged 13 or over to use the NHS App and you also need to be registered with a GP surgery.

To access the NHS App, you will need to set up an NHS login and prove who you are but once you're on with full access you can:

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- Book and manage appointments
- View your GP health record to see information
- Use NHS 111 online to answer questions and get
- Instant advice or medical help near you
- Book and manage coronavirus vaccinations

## ONLINE CONSULTATIONS

You can usually contact your GP surgery using a secure and confidential online form on their website. An online form is a quick and easy way of letting your GP surgery know what's wrong or raising a query or concern. This can help you get the right care when you need it.

They can also be more convenient for some people, for example, if you do not like to use the phone, or you find it difficult to call the surgery because of work or other commitments.

Once you have filled out the online form to let a GP know about any symptoms you're having, ask a question or follow up about something, your GP surgery will use the information you give them to make sure you get the right help.

You can complete the form via your GP surgery's website and you may also be able to use the **NHS App** to access the form.

Your GP surgery will usually send you an automated message straight away by text or email to confirm that they've received the online form and to tell you how quickly they'll respond. They'll usually respond within 2 working days offering a face-to-face appointment, a phone call or video consultation or a short text or email message, for example to ask for further information

## PRESCRIPTION ORDERING DIRECT (POD)

Prescription Ordering Direct (POD) is an online prescription ordering service that has been launched for the county, improving access for all patients.

If you take medication regularly, you'll usually have a repeat prescription. This means you can re-order your medication when you need it without having to see a GP every time.

You might be able to ask your pharmacy directly for your medicine if your GP has set this up (repeat dispensing). If not, you'll need to order your medicines through a repeat prescription from your GP surgery.

There are 3 ways to order a repeat prescription from your GP surgery:

- Using your NHS account
- Using other online services or apps
- Contacting your GP surgery

Visit us on [www.shrotpod.nhs.uk](http://www.shrotpod.nhs.uk) or send us an email to request your prescription [shropshire.pod@nhs.net](mailto:shropshire.pod@nhs.net)

For urgent prescriptions needed within **24 hours** call us on **03333 583 509**

## PHARMACY FIRST

This new service is expected to free up GP appointments for patients who need them most and will give people quicker and more convenient access to safe and high quality healthcare. Aiming to address health issues before they get worse.

It includes the supply of appropriate medicines for 7 common conditions including:

- Acute Otitis Media**
- Impetigo**
- Infected Insect Bites**
- Shingles**
- Sinusitis**
- Sore Throat**
- Uncomplicated Urinary Tract Infections**

The pharmacist will be able to speak to you privately in a separate consultation room. They may perform an examination or ask to access your medical records. The pharmacist will be able to recommend the best course of action on an individual patient basis, including by issuing prescriptions for antibiotics or antivirals where necessary.