

A guide to services

We have a wide range of professionals who are there to help and support you.

GP

You will need to register with a GP - to find a GP in your area, use the NHS Choices Find Services System at: www.nhs.uk/service directories

Your GP can advise, give medicines and information on other services. You will need to make an appointment.

After 6.30pm weekdays, at weekends and public holidays most services are covered by a GP out-of-hours service. Check with your local surgery.

Pharmacist

Your local Pharmacist can provide advice on most common health issues. They can suggest and dispense medicines and other health products. There are often Pharmacists in supermarkets and many are open late.

Visit www.nhs.uk where you can find the service locator that will help you find the pharmacy nearest to you.

The local NHS operates a minor ailments scheme (Care at the Chemist) that you can access via your local pharmacy. Most pharmacies provide this service but if they don't they can direct you to one that does. You can see your local Pharmacist for a confidential consultation for a wide range of ailments including coughs, colds, sore throats, pain and temperature and lots more. Any medicine dispensed is free if you do not pay for your prescriptions.

Sexual Health Services

Our Contraception and Sexual Health Clinics offer confidential advice, all methods of contraception including free condoms, pregnancy testing, advice on unplanned pregnancy, chlamydia and gonorrhoea testing and treatment. All are free of charge. See useful contacts.

Teachers

Teachers and Tutors can be great people to talk to. If they cannot help they will be able to point you in the right direction.

School Nurse

The School Nursing Team and school staff will help support your health and development. They provide confidential advice and support on issues such as sexual health, emotional health, physical health and long-term condition management.

Dentist

It is really important that you visit your Dentist twice a year and take care of your teeth and mouth daily.

Healthy Living Team

The Team can provide information/advice and support to young people on diet, healthy eating, exercise, weight, smoking, alcohol, drugs and sexual health. See useful contacts.

Catch22

Young people who go missing from their home, including Children's Homes and Foster Care placements, place themselves at high risk.

Catch22 works directly with young people and their families or carers to diminish that risk and to reduce the amount of children and young people reported missing each year.

Young people or parents can call the Catch22 Helpline on 0808 168 9698 and speak to a local person for support about any issues that may be causing missing incidents.

St Helens Young Carers Centre

St Helens Young Carers Centre supports children and young people from 6-18 years who are affected by the illness or disability of a family member and provide care (physical and/or emotional) to that family member.