

## Useful websites

You may find the websites below useful. Remember, you are welcome to speak to a doctor or nurse about any of these health or well-being needs, and they will try to help.

### Alcohol

Drinkaware [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

### Bullying [www.Bullying.co.uk](http://www.Bullying.co.uk)

Helpline: 0808 800 2222

### Childline [www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 1111

### Cross Roads Care (Young Carers)

<http://www.crossroadscare.org.uk/>

### Domestic Violence or Abuse

The Hideout [www.thehideout.org.uk](http://www.thehideout.org.uk)

North Somerset support  
[www.n-somerset.gov.uk](http://www.n-somerset.gov.uk)

### Drugs

Frank [www.talktofrank.com](http://www.talktofrank.com)

National Helpline: 0300 123 6600

### Eating Disorders

BEAT [www.b-eat.co.uk](http://www.b-eat.co.uk)

Youthline 0345 634 7650

### Family Lives

[www.familylives.org.uk](http://www.familylives.org.uk)

### Housing Support and Advice

Shelter [www.shelter.org.uk](http://www.shelter.org.uk)

Advice line: 0808 800 4444

### Learning Disabilities

Mencap [www.mencap.org.uk](http://www.mencap.org.uk)

Impartial advice Tel: 0808 808 1111

### Mental Health

Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)

### Sexuality

Young Stonewall [www.youngstonewall.org.uk](http://www.youngstonewall.org.uk)

Tel: 08000 502020

### Sexual Health

Brook [www.brook.org.uk](http://www.brook.org.uk)

Tel: 0808 802 1234

Terence Higgins Trust [www.tht.org.uk](http://www.tht.org.uk)

Tel: 0117 955 1000 (Local number)

No Worries (local confidential teenage health service)

<http://www.nscphealth.co.uk/services/no-worries> Tel: 01934 425718

The Wish Centre (Weston-based sexual health care and contraception advice and treatment) <http://www.waht.nhs.uk/en-GB/Our-Services/WISH-Centre/>

Tel 01934 881234

*You're welcome  
here!*



*Portishead Medical Group  
welcomes all young people*

## *Did you know?*

You are welcome to come to Portishead Medical Group on your own or choose who comes with you. This may be a parent, carer or friend.

You can ask to see a male or female doctor/nurse and we will try our best to arrange this.

You can ask us about any health matter. We won't judge you or think your question is silly.

## *Can I make my own appointment?*

Yes. You can make your own appointment, even if you are under 16. Just ring the practice on 01275 841630. Our receptionists may need to ask for a bit more information to make sure you are seen by the right medical staff, but will always keep this information private. You can also book appointments via the internet - please ask at reception if you'd like to do this.

## *What happens when I arrive?*

First of all, show you have arrived by checking in using the screen by the front entrance, or if you prefer, let reception know by telling them your name and who you are seeing. Take a seat in our waiting room and wait for your name to be called. Your name will appear on the screen in the waiting room and it will also tell you which room to go to.

## *I feel a bit embarrassed asking about my problem*

Please don't worry. Our doctors and nurses are used to dealing with all sorts of health matters and will do their best to help.



## *Confidentiality*

We provide a confidential service to all our patients, including under 16s. This means that you can tell other people about this visit but we won't.

The only reason why we might have to consider passing on confidential information without your permission, would be to protect you or someone else from serious harm. We would always try to discuss this with you first.

Portishead Medical Group  
Tel: 01275 841630 Out of hours: 111  
Website: [www.pmg.org.uk](http://www.pmg.org.uk)