

USEFUL CONTACTS

Youth Enquiry Service

13-25 years

Counselling/Education/Accommodation/
Leisure/Work/Money/Health/Sex/The Law
52 Frogmoor High Wycombe HP13 5DG
Call in Mondays to Fridays 11am-5pm
Saturday midday - 3.00pm
Tel: 01494 437373

Brook Advisory Centre

Free advice/Counselling for young people on
Contraception/Pregnancy/Abortion
Helpline: 0808 802 1234
www.brook.org.uk

BPAS

(British Pregnancy Advisory Service)

Advice on Counselling on Pregnancy/Abortion
BPAS Actionline 08457 30 40 30

FAMILY PLANNING

Outpatients Dept Wycombe Hospital
Tuesday 5.45-7.45pm
Thursday 5.45-7.30pm
Tel: 01494 425585 for appointment

EATING DISORDERS ASSOCIATION (BEAT)

Youthline: 0845 634 7650
www.b-eat.co.uk
TXT: 07786 20 18 20

SMART DRUG AND ALCOHOL SERVICE

Counselling and Information
Alcohol/Drugs/Solvent Abuse
86A Easton Street
High Wycombe HP11 1LT
Tel: 01494 474804 or 0800 032 0666

GENITOURINARY MEDICINE

Confidential Reassurance and Treatment
of Sexually Transmitted Diseases
SHAW Clinic Wycombe Hospital
01494 425430
www.sexualhealthbucks.com

YOUNG PERSON'S CLINIC

21 years and under
Sexual Health Services
Check-Out Clinic Wycombe Hospital
No appointment necessary
Tuesday 3.00-5.30pm
www.sexualhealthbucks.com

HIV / AIDS CLINICS

Confidential Advice and Counselling on
all aspects of HIV/AIDS and for testing
SHAW Clinic Wycombe Hospital
01494 425430
www.sexualhealthbucks.com

CHLAMYDIA SCREENING

Screening is available at the surgery
for 15-24 year-olds
Book an appointment with the nurse
www.morethanahug.com

HELPLINES

BROOK FREE HELPLINE

Tel: 0808 802 1234

provides information on various topics
Contraception/Pregnancy/Abortion
www.brook.org.uk

SAMARITANS HELPLINE

Tel: 08457 90 90 90 FREEPHONE

If you are very distressed or suicidal
Available 24 hrs
www.samaritans.org

HIGHFIELD SURGERY

CONFIDENTIAL AND HELPFUL INFORMATION FOR YOUNG PEOPLE



Dr Jill Deacon
Dr Martin Davis
Dr Lena Poulton
Dr Sarah Rapsey

Highfield Surgery
Highfield Way
Hazlemere
HP15 7UW

Tel: 01494 813396

www.highfieldsurgeryhazlemere.co.uk

The practice aims to provide a friendly and welcoming atmosphere for young people

If you wish to telephone the practice and ask for advice from any member of staff, we will be happy to arrange this.

Any advice will be totally confidential and we will not discuss anything with friends, or relatives without your permission.

We provide leaflets on many topics that may interest you. These include sexual health, contraception, drugs and solvents, alcohol and smoking.

At the present time the practice does not run specialist clinics for young people but we would be very happy to see you in normal surgeries. Other agencies that can offer you help are listed overleaf.

Both doctors and nurses are available to advise you confidentially on any matters that concern you.



CONTRACEPTION

If you should need emergency contraception (morning after pill up to 72 hours) this is readily available at this surgery.

Please speak freely with and in confidence to our trained reception staff.

All contraception is free.

Unfortunately condoms are not available on prescription. They are available at:

FAMILY PLANNING
WYCOME HOSPITAL
01494 425585

All prescriptions are free for young people up to the age of 18 years if in full time education

ACNE

This can be a short-term problem but leave scars on the skin. Please do not hesitate to seek advice for this common condition.

SMOKING

Stop smoking advice is available from the practice nurses

EATING DISORDERS

This may be discussed here and there is a local self help group:

Eating Disorders Support
Helpline: 01494 793223
www.eatingdisorderssupport.co.uk

COUNSELLING

We will be happy to discuss any problems you may have. You can also attend outside agencies, see overleaf.

TRAVEL

We can provide full travel advice and immunisation for foreign trips. Please take a copy of our Travel Advice leaflet.

CHRONIC FATIGUE SUPPORT

Chronic Fatigue Support Group
Young People aged 5 – 25

- offers email pals
- pen pals
- regional contacts
- parent pals
- magazine (bi-monthly) many useful articles

AYME
Tel: 0845 123 2389
www.ayme.org.uk



OTHER USEFUL WEBSITES

www.teenagehealthfreak.org

www.yeswycombe.org.uk

www.smokescape.org

www.sexualhealthbucks.com