**supporting**

**Pregnant?**

**Not sure what to do?**

**Ring 01388 455110 to speak to a trained nurse counsellor, Trudy.**

**Are you embarrassed or worried about what to say?**

**Come and talk to us, It’s confidential**

**We are here to listen**

**YOUNG**

**PATIENTS**

![Funky_Young_People_by_Creation_Me[1]]()

**Extended Hours**

**The practice can give you advice on:**

**Giving up smoking**

**Healthy Eating & Weight**

**Drugs & Alcohol Misuse**

**Mental health Issues**

**Sexual health**

**Male & Female GPs**

Worried about your

Sexuality?

 Are you Gay, Lesbian, Bisexual, Trans or not too sure? For more information

Tel: 01325 731 160

**Online Access**