

Teens Info

- **Can I see my doctor by myself?**

Yes. There is no reason why you can't ask to see the doctor by yourself. They might want to find out why and might encourage you to tell your parent or carer, but should respect your wishes if you don't want to.

- **What age can I visit a doctor?**

You can visit your doctor at any age, about any issue.

- **Do I have to be sick if I want to see them?**

No. You can see your doctor whenever you like if something is bothering you, whether you are feeling unwell or not.

Sometimes just talking to your doctor can help you feel better, and they may be able to give you help that you didn't know about. But remember, they are busy people too!

- **How do I get a GP?**

If you're over the age of 16, you can register with a GP by yourself. We will ask you to fill in a registration form and ask to see proof of identity such as a passport or proof of address such as a mobile phone bill.

If you're under the age of 16, your parents or carers should register you.

- **How do I make an appointment?**

You can make an appointment by calling us on 01273 834388 and speaking to the receptionist or visiting us in person. The receptionist will ask you who the appointment is for and why. This is to make sure that you see the right person at the right time.

If it's something personal then you don't have to tell them why - just say it's for something personal. You can also ask to see a male or female doctor.

- **If I tell my doctor something private, will they tell anyone else?**

No. Anything you say to your doctor must be kept between you guys, unless you agree otherwise. It might help to ask if they are going to tell anyone just to make sure. If they do, then they should ideally ask your permission first, unless you are in danger or at risk of harm.

They might encourage you to tell others (like your parent or carer) yourself, or they can speak to them on your behalf if you would prefer that. This is because sometimes it's important for those looking after you to know what's going on, as they may be able to help or support you.

The only time a doctor can speak to someone else about you without your permission is when there is a danger that your safety or someone else's safety might be at risk. That doesn't automatically mean that they tell your parent or carer, but they may want to speak to other people like the Police or Social Services. In these cases, they should tell you first if possible so that you know what's going on.

Remember, the only reason doctors usually speak to others is when they are worried about you, and always have your best interests at heart.

- **What happens if I don't like my doctor?**

All our doctors are great at their job and care about their patients a lot.

However, there are times when people either don't get on with or feel uncomfortable with their doctor. In those cases, you can always ask to see someone else. You may not be able to do this straight away and might have to wait for another appointment, so it's better to say as early as possible (ideally when you're booking the appointment).

If you're not happy with your care or treatment, you can make a complaint.

And finally I'm nearly all grown up and going to University?

It's a good idea to have a Men ACWY vaccination before you go. This will protect you against four types of meningitis; Men A, Men C, Men W and Men Y. You will have had vaccination against Men C when you were little but this is a booster to ensure immunity in new environments. Illnesses can thrive in places where there are lots of people. The Men ACWY vaccination is aimed at all 2016 freshers aged 17-18 but if you are a second or third year student going back then let us know if you are interested and we will pass your details on to our nurses.

