

If you need to talk to someone urgently:

Directions Teen Clinic is not an emergency service so if you need to speak to someone urgently please call:

Lifeline: 13 11 14

Kids Helpline: 1800 551 800

The ACT Crisis Assessment and Treatment Team (CATT): 1800 629 354

Triple Zero Emergency Services: 000

Contact Us

Axis Youth Centre Cnr Campbell Street and Park Street Queanbeyan NSW 2620

Open Tuesdays | 2:00pm - 5:00pm

Mura Lanyon Youth & Community Centre (YWCA) Sidney Nolan Street Conder ACT 2906

Open Thursdays | 2:30pm - 6:00pm

- teenclinic@directionshealth.com
- directionsteenclinic.com.au
- 0455 587 062
- directionshealth_teenclinic



Directions Teen Clinic

A free health and wellbeing service provided by nurses in a safe and confidential space.



What We Do:

Directions Teen Clinic operates as a free, nurse-led 'walk-in' clinic, meaning there is no need for you to make an appointment, you can simply visit at any point during our opening hours.

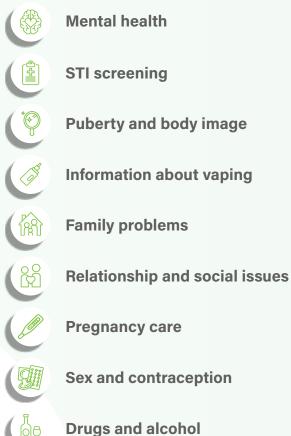
This is a service specifically designed for young people in our region. Young people may attend Directions Teen Clinic on their own or with the support of someone else like a friend or guardian.

All conversations are confidential between yourself and the nurse to ensure you are provided a safe and comfortable space to voice your concerns.

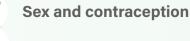


Our Services:

Directions Teen Clinic provide early intervention services that prevent serious health-related incidents and situations. You can talk to the nurses about any of the following health or wellbeing concerns:



Puberty and body image







General physical health

Sexuality and gender



Frequently **Asked Questions:**

Q: Who would I be speaking to if I had an appointment at Directions Teen Clinic?

A: Directions Teen Clinic is a nurse-led service. To find out more about our nurses visit the 'Who We Are' page on our website.

Q: Is Directions Teen Clinic for everyone?

A: Directions Teen Clinic aims to help all young people across Canberra. Roughly, any individual aged between 10 and 20 would be suitable for this service.

O: Is the service confidential?

A: All conversations at Directions Teen Clinic are confidential between you and the nurse. Visit the 'Who we help' page on the Directions Teen Clinic website for more information around confidentiality and mandatory reporting.