



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](https://www.instagram.com/directionshealth_teenclinic)



Directions Teen Clinic

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



teen
clinic
Your clinic

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:

-  **Mental health**
-  **STI screening**
-  **Puberty and body image**
-  **Information about vaping**
-  **Family problems**
-  **Relationship and social issues**
-  **Pregnancy care**
-  **Sex and contraception**
-  **Drugs and alcohol**
-  **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.

Q: 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.