

C-Card



Access free condoms and sexual health advice.

After school activities

During school terms, we run different after school programs. Have a milo, do fun activities, meet new friends and hang out.

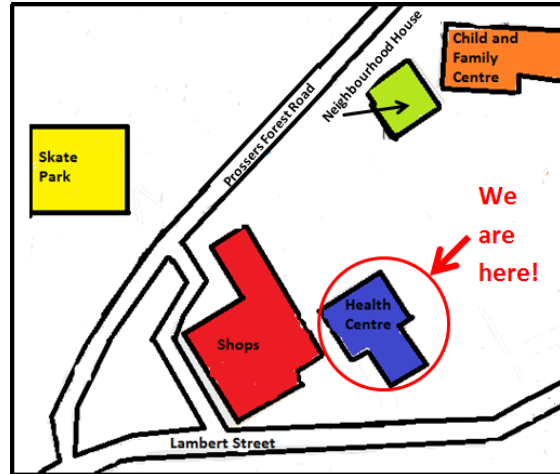
Call or drop in to find out what's on!

Programs and events

Look out for school holiday programs and other special events that you can come along to.

We'd love to see you there!

Where are we?



Based at: Ravenswood Community Health Centre
39-41 Lambert Street, Ravenswood 7250
Phone: 6777 3006
Email: youthhealth.north@ths.tas.gov.au

We also visit: Allambi Health Centre and Kings Meadows Community Health Centre

Limited outreach to rural health centres available.

We are not an emergency service.
If you need help now, please contact:
Emergency Department 000
Mental Health Help Line 1800 332 388
Lifeline 131 114
Kids Help Line 1800 551 800



Youth Health North

Aged 12 to 24 and having some problems? We are here to help!



Free

Confidential

Safe



How can we help?

Let's have a chat about...

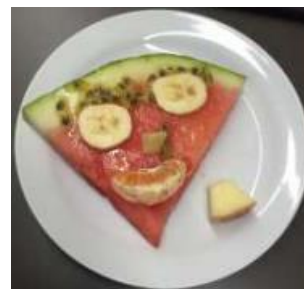
- Your health and wellbeing
- Goal setting, problem solving and planning for the future
- How you are feeling - Are you sad, angry, scared or worried?
- Relationships - Having issues with friendships or family? Is something happening at home, school or work?
- Sexual health - Are you pregnant or think you might be? Think you might have a sexually transmitted infection?
- Alcohol and other drugs - Is your drinking, smoking or drug use out of control? Do you want to stop or cut back?
- Sexuality – Are you questioning your sexuality? Do you want to talk it through?
- Self-harm - Have you been hurting yourself or think you might in the future?

Who can I see?

Youth Health Social Workers

We help with your emotional and mental health and general support needs. See us if:

- you want some helpful coping strategies to deal with stress, worries and other emotions.



- you want to know some ways to better look after yourself.
- you have a problem and you don't know what to do.



- you just want to talk!

Youth Health Nurses

We help with your physical, sexual and mental health needs. See us if:

- you've been feeling sick or your body just doesn't feel right.



- you need condoms and lubricant, information on how to keep yourself safe while having sex and what to do if something goes wrong.



- you're thinking in ways that don't feel okay for you and wondering whether seeing a doctor could help.
- you can just drop in at headspace and see us too!