

Goodbye, Farewell, Good Luck!

Although School may soon be a dim and distant memory and your links with Secondary Education may be finishing, the help and support you have received from NHS Services will continue and it is now more important than ever that you know how to access these yourself.

Everyone should be registered with a GP-for all your non-emergency health needs.

Your GP/Family Doctor <http://www.nhs.uk/Service-Search/GP/LocationSearch/4>.

- GPs deal with a whole range of health problems. They also provide health education, offer advice on smoking and diet, run clinics, give vaccinations, carry out simple surgical operations and also provide Sexual Health Services e.g contraception. They usually work in GP Practices/Health Center's as part of a team, which includes nurses, healthcare assistants and other staff. They also work closely with other healthcare professionals, such as health visitors, midwives, mental health services and social care services..
- You probably already know where you go to see your GP but now is the time to find out for yourself how to book an appointment and what services your Practice offers, click the link above to find details of your Practice.
- <https://www.youtube.com/watch?v=gXHPWbEmp5s> how to access your GP - 2.36 mins, produced by NHS
- NHS app <https://www.nhs.uk/nhs-services/online-services/nhs-app/> App produced by the NHS to access your GP information. Not all practices link completely with this app but you can access part of your GP notes and prescriptions with it if you are signed up. You can also use <https://www.patientaccess.com/>.
- <https://healthtalk.org/seeing-gp-advice-and-tips-young-people/overview> Healthtalk, an Oxford university primary care website started 20 years ago by an Oxford GP has useful info for young people - here it tells you about using your GP services.
- If you don't have a GP and need advice- NHS 111 telephone service is available 24 hours a day, every day of the year and is intended for 'urgent but not life-threatening' health issues.

Top tip - identify your practice website and bookmark it, as it will have options for different ways to reach your GP

- Sexual Health Services <http://www.sexualhealthoxfordshire.nhs.uk/>
- Contraception and screening for Sexually Transmitted Infections is FREE!
- Click on the link above to find out how to access Sexual Health Services in Oxfordshire.
- Your information will not be passed on to your GP without your permission.
- Services are also available at the Churchill Hospital call 01865 231231

Dentist <http://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

Dental Care is also provided on the NHS. Click on the link to find your nearest NHS Dentist and find out how to book your appointment.

Mental health- it is as important to look after your mental health as your physical health. Whether it's spending time on social media, being with friends and family, or going to college, university or starting a job, there are things we do every day that impact on our mental health. Visit Young Minds - for tips and advice on how to look after yourself www.youngminds.org.uk
The NHS have advice and support for mental health including on preparing for exams www.nhs.uk/mental-health/children-and-young-adults/

College/University Health Care Services

- Some Health Care services are provided in Further Education, these will differ depending on where you go. The City of Oxford College including the Banbury site and Abingdon and Witney College each have a College Nurse who will be able to provide you with support/advice and possibly treatment for a range of sexual, emotional and mental health issues. Find out how to access her as soon as you start in September - you never know when you may need to talk someone!

Health advice and support  for information for Young People in Oxford

Visit your school health nurse if you have any queries or health concerns, we are here till the end of term. Your school health nurse is:

Helena Uddin

Helena.uddin2@oxfordhealth.nhs.uk OR huddin@spires.anthemtrust.uk

07826894092

Assessment results day - we do have a small team of school health nurses who work through the summer holidays, if you are disappointed with your results and need to talk, please call Mob 07769 235 149 or email SHN.oxfordshire@oxfordhealth.nhs.uk