

CONTACTS

FIT AND HEALTHY

Bodyzones

01865 825690

General advice on health, school and family problems. Contraception and pregnancy tests are also available. Bodyzones are held in some secondary schools during lunch times and in some youth centres at other times. Ring for information on where to access this service.

Free and confidential.

PREVENTING ILLNESS

Environmental Health

Cherwell: (01295) 252535

Oxford: (01865) 252565

South Oxford: (01491) 823067

Vale of White Horse: (01235) 520202

West Oxon: (01993) 816000

Information about safe tattooists, body piercers and ear piercers.

NHS Direct

(0845) 4647 (24 hrs, local rate)

www.nhsdirect.nhs.uk

Answers to any health or NHS query

Oxfordshire Smoking Advice

(01865) 226663 M-F 9-4

For young people who want to quit smoking.

Quitline

Freefone (0800) 002200 9am-9pm

www.quit.org.uk

Friendly help and advice on how to stop smoking

School Nurse Advice

call or text for info 9am - 5pm Monday to Friday

Banbury - 07760 990582

Oxford - 07760 990584

Youth Health Talk

www.youthhealthtalk.org

Interviews with young people about their experiences of health or illness.

SEXUAL HEALTH

GUM Oxford

Churchill Hospital, Old Road, Oxford OX3 7LJ

(01865) 231 231 for appointments

Mini Check Walk-in Clinic M-F, 1.15-3.15pm

Free, confidential tests for Chlamydia, HIV, Hep B & C or Syphilis

Orchard Health Centre

Cope Rd, Banbury OX16 7EZ

(01295) 819181 for appointments

Walk-in Clinic M 9.30-2.30

www.wellsafe.org

Sexual Health Line

Freefone (0800) 567123 24/7

Advice about STIs and their treatments and information about local resources.

Sexwise

Freefone (0800) 28 29 30

7am-midnight

www.ruthinking.co.uk

Any question on sex or relationships.

Terrence Higgins Trust

43 Pembroke St, Oxford OX1 1BP

(01865) 243389

www.tht.org.uk

Information, advice and support for people with AIDS or HIV and their partners, families, carers and friends.

Wellsafe

GUM, Churchill Hospital,

Old Road, Oxford OX3 7LJ

(01865) 231 231

W 3.30-5.30pm

Walk-in GUM clinic, information and advice on all aspects of sexual health for people aged 18 and under.

www.wellsafe.org

CONTRACEPTION & SEXUAL HEALTH (C&SH) CLINICS

Advice and information helpline:

(01865) 456666.

Abingdon:

Abingdon Hospital, Out-patients Dept,
Marcham Rd (01235) 205761
W 5.00-7.30pm

Banbury:

Orchard Health Centre, Cope Rd
(01295) 819166
M 4.30-6.30pm, W 12.30-5.30pm

Bicester:

The Health Centre, Coker Close
(01869) 243321. W 6-8pm

Didcot:

TheHealthCentre,TheBroadway
(01235) 814240
M&Th7-9pm

Kidlington:

TheHealthCentre,ExeterClose
(01865) 374797
M6.00-8.00pm

Oxford:

Alec Turnbull Clinic
Raglan House, 23 Between Towns Road
Cowley, Oxford
(01865) 456666
M-W 9:30am-7pm, Th & F 9.30am-4pm,
Sa 10:30am-1.30pm.

Thame:

Victoria Cottage Hospital, Outpatients
Department (01844) 213887
M 57:30pm

Wantage:

Wantage Health Centre, Mably Way, Wantage
(01235) 774555
Th 5.30 - 8.00pm

Witney:

Community Hospital, Welch Way
(01993) 209439
M&W5-7pm

W E L L S A F E

Sexual Health Clinic for the under 18s

- We provide information, advice and help on everything to do with sexual health.
- We offer contraception, advice, the emergency pill and condoms.
- We can do tests for sexually transmitted infections and provide free treatment.
- Maybe have an HIV test or just come and talk about your worries.

**Wellsafe is a free and confidential service. We won't tell anyone
and you can just talk if you want to.**

Walk-in Clinic Wednesdays 3.30pm - 5.30pm.

Call (01865) 231 231 for advice or appointments for other times

Harrison Department, Churchill Hospital, Old Road, Oxford.

www.wellsafe.org

CONTACTS

NOT FEELING WELL

Oxfordshire Primary Care Trust 01865 226900

For general enquiries about health care in Oxfordshire.

Emergency Dental Service

(01865) 842609 M-F 5:15-8:15pm
Saturdays 9am-12noon

For people not registered with an NHS dentist.

Luther Street Surgery

Just off Speedwell Street, St. Aldates,
Oxford OX1 1TD

(01865) 726008

Doctors for ages 16+ who are homeless or in temporary accommodation. Register in person at 9:30am. All new patients can choose to be immunised against Hepatitis B.

DRUGS AND ALCOHOL

Abingdon Bridge

(01235) 522375

1-2-1 support for young people with problems related to drugs or alcohol.
M & F 10am-2pm, W & Th 2-6pm.
School age drop-in Th 3.30-5.30pm.

Alcoholics Anonymous

Oxford: (01865) 242373

Can help if you have trouble controlling your drinking.

Banbury Detached Project

(01295) 278077

Banbury Youth Centre

Information, advice and support to young people with substance related issues.

Base 33

33 High St, Witney OX28 6JF

(01993) 200682

Support, advice and guidance for young people with substance misuse problems.

DISH

The Pathway Bldg, Dunnock Way, Blackbird Leys, Oxford OX4 7EX (01865) 711267
Help with drug/alcohol and housing problems.

Dolphin Project

81 Cowley Rd, Oxford OX4 1HR
(01865) 240840 Support for young people 16+ with drug and housing problems.

Drinkline

Freefone (0800) 917 8282 24/7

Tu & Th 9am-11pm, F-Su 24 hrs

Confidential advice and information about drinking.

Evolve

(01865) 723 909

Oxfordshire's Young Person's Drug and Alcohol Treatment Service

Frank

Freefone (0800) 776600 24/7

www.talktofrank.com

National service for anything involving drugs.

The Gap

23 Park End St, Oxford OX1 1HU

(01865) 201818

M, Tu, Th & F 9am-3pm, and W 9am-1pm.

Groups dealing with substance misuse.

Referrals to other services. Needle exchange.

T2 Drugs Intervention Service

For young people at risk from their drug misuse throughout Oxfordshire. Contacts can be found on www.spired.com/drugs

Luther Street Surgery

Just off Speedwell St, St Aldates,

Oxford OX1 1TD

(01865) 726008

Needle exchange, information about drug and alcohol detox for the homeless.

GENERAL HEALTH ADVICE

School Nurse Advice

call or text for info 9am - 5pm Monday to Friday

Banbury - 07760 990582

Oxford - 07760 990584

Nomad

Dayspring Centre, 55 Market Place,
Henley RG9 2AA
(01491) 577414 ext. 16
Information, guidance and support on drug-
related issues.

Oxford City Detached Project

(01865) 815054
Serious listening and safe advice for
young people with substance use/misuse.

Re-Solv

Freephone (0800) 800 23 45
(01785) 817885
www.re-solv.org
Information and support on solvent and
volatile substance misuse.

Specialist Community Addictions Service

Rectory Centre, Rectory Rd Oxford OX4
1BU (01865) 455635
Community-based treatment for substance
misuse problems.

Thames Health

159 Oxford Rd, Reading, Berks RG1 7UY
(0118) 939 1452
Drug and alcohol advice, counselling,
referral to other services, outreach.

EMOTIONAL AND MENTAL HEALTH

BEAT Youthline

(0845) 634 7650
www.b-eat.co.uk
M-F 4-6.30pm, Sa 1-4.30pm
For young people seeking to overcome
an eating disorder and friends/relatives.

Bristol Crisis Service for Women

(0117) 925 1119
F-Sa 9pm-12:30am, Su 6-9pm
Helpline for women in distress with a focus on
self-injury. Also for their friends/family.



FACE 2 FACE YOUTH COUNSELLING

YOUNG PEOPLE'S COUNSELLING SERVICE

- COUNSELLING IS ABOUT FINDING WAYS OF COPING WITH CONFLICT, PRESSURE OR PAINFUL EXPERIENCES
- COUNSELLING CAN HELP YOU COME TO TERMS WITH LOSSES OR DIFFICULT CHANGES, EXPLORE DIFFICULT RELATIONSHIPS
- COUNSELLING IS ABOUT LOOKING AT WAYS OF MAKING CHOICES FOR YOURSELF
- COUNSELLING MAY HELP YOU BETTER UNDERSTAND YOURSELF AND YOUR FEELINGS

Depression Alliance

(0845) 123 23 20

www.depressionalliance.org

Face-2-Face Youth Counselling

(01993) 892424

face2face@oxfordshire.gov.uk

For people aged 13-19 in Oxfordshire

MIND

The Causeway Centre, Bicester OX26
7AN (01869) 249864

Drop in M & W 10-3; F 2.30-6.30.

Information and resources on any mental health concern including eating disorders, depression, and self harm.

Mind info line

0845 766 0163 Mon-Fri 9am-5pm

Information on mental distress and mental illness, including where to get help, treatments and advocacy.

MDF The Bipolar Organisation

(0845)634 0540

www.mdf.org.uk

Advice related to manic depression or bipolar disorder.

No Panic

Freefone (0808) 808 0545

www.nopanic.org.uk

Support for people suffering from anxiety and panic attacks

Oxford Adult Eating Disorders Service

Warneford Hospital,
Headington, Oxford OX3 7JX
(01865) 226451

Treatment for people ages 17+. Must be referred by GP.

Rethink

(0845) 456 0455 (local rate)

Information about any aspect of mental health including practical problems.

www.rethink.org/youngpeople

Samaritans

(0845) 7 90 90 90 (local rate)

24/7 confidential support for any kind of problem.

www.samaritans.org.uk

SANEline

(0845) 767 8000

support for people affected by mental health issues.

www.sane.org.uk

Young People and Self-harm

Key Information resource for young people who self-harm, their friends and families, and professionals working with them.

www.selfharm.org.uk

Young Minds

Freefone (0800) 018 2138

www.youngminds.org.uk

Information and support for parents or carers concerned about a young person's mental health.

Youth2Youth

(020) 8896 3675

M & Th 6:30-9:30pm

www.youth2youth.co.uk

Helpline staffed by young people. Support with emotional well-being, self-image, sexuality and sexual relationships

